

Today's Clue

By the time you call it burnout, the clues were already there.

Overwhelm rarely arrives all at once. It leaves signs first.

Hi Collective,

By the time you call it burnout, the clues were probably already there. Not always loud clues. Sometimes they are quiet.

The quiet clues

- You need more recovery to do the same things
- Small tasks feel heavier than they should
- Your calendar is full, but your capacity is not
- You keep saying, “I just need to get through this week”
- You are still functioning — but you know the cost is getting higher

That is one of the reasons I wrote *Overwhelm Leaves Clues*. Because overwhelm rarely shows up all at once. It leaves signs first — and many of us were trained to dismiss them. We call it stress. We call it a busy season. We call it being responsible.

But when strain keeps building across your time, your money, your well-being, and your environment, you start paying what I call the **Bandwidth Tax**™ — the hidden cost of carrying more than your life systems can sustainably hold. The longer you ignore the clues, the more expensive the tax becomes.

You are not broken. You are overwhelmed — and overwhelm leaves clues.

The work is not to shame yourself for missing the clues. The work is to start reading them differently. That is what *Overwhelm Leaves Clues* helps you do — part memoir, part framework, part invitation to stop treating your overwhelm like a personal failure.

NOW AVAILABLE

Overwhelm Leaves Clues

by Samone Davis — \$12.99 through July 10 (then \$17.99). “Read the clues before your body forces you to stop.”

Because the life you want is still within reach — not perfect, not pressure-free, but more aligned, more intentional, and more honest. Here, we help you map a path to it.

With care,

Samone Davis

Founder & CEO, The Bandwidth Collective™ · Helping you see what has become invisible.