

Shannon Csapilla Shares Practical Advice for Building Better Habits



Stamford, Connecticut Dec 2, 2024 ([Issuewire.com](https://www.issuewire.com)) - Shannon Csapilla, a finance professional based in Stamford, Connecticut, believes that success in both life and work starts with consistent habits and a clear plan. Drawing from her background in economics and years of experience in finance, Shannon shares insights into building sustainable routines that can help anyone achieve their goals.

Shannon's journey is rooted in structure and determination. Growing up in Stamford, she learned the importance of teamwork and adaptability as a volleyball player at Stamford High School. After earning a spot on the Dean's List at Curry College, she transferred to the University of Rhode Island, where she graduated with a degree in Economics.

"Economics taught me how small decisions compound over time," she says. "That mindset applies to more than just finance—it's about how we approach our daily lives."

Through her experiences in administrative roles and finance, Shannon has developed strategies that go beyond numbers. She emphasizes habits and systems that lead to long-term growth and success.

Shannon's Insights for Building Better Habits

- **Start Small and Stay Consistent:** "Big changes don't happen overnight," Shannon says. "Focus on small, manageable actions you can sustain over time."
- **Stay Organized:** She encourages using tools like planners or apps to keep track of priorities. "When you have a system in place, it's easier to focus on what matters most."
- **Embrace Adaptability:** "Change is constant," she explains. "The more flexible you are, the

better prepared you'll be for unexpected challenges.”

- **Invest in Yourself:** Lifelong learning is one of Shannon's core values. “Whether it's picking up a new skill or taking time for personal growth, these investments pay off.”

Shannon is also passionate about mentoring others, particularly young women starting their careers. “There's so much potential for growth when you have guidance and encouragement,” she says.

Her philosophy centers on progress over perfection, focusing on steady improvement rather than immediate results. “Success isn't about doing everything perfectly,” Shannon shares. “It's about showing up consistently and being willing to learn along the way.”

About Shannon Csapilla

Shannon Csapilla is a finance professional based in Stamford, Connecticut, and holds a degree in Economics from the University of Rhode Island. She is passionate about helping others build sustainable habits for success and lifelong learning.

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