

Author's intent: Live life with purpose

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MORGANTON — Wake up. Eat breakfast. Go to work. Eat dinner. Go to sleep. Repeat. This is a daily and sometimes staid routine that millions of people endure.

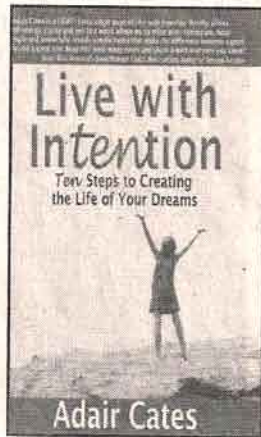
One woman decided to change her routine and start living her life with intention. One result of her life changing decision was the publication of her book, "Live with Intention."

After Adair Cates of Asheville read "The Success Principles" by Jack Canfield, she decided to approach life with purpose.

Adair Cates

After following Canfield's advice on creating goals, Cates discovered she had followed the directions incorrectly.

Despite that Cates had a collection of



people just live their life without intention. They just get a job, they go through the motions, and they are just kind of floating along," said Cates.

Her book establishes 10 steps a person can take to start living a life with purpose and action, instead of engaging in the cookie-cutter life that society encourages.

her goals, and her husband, Chris Cates of Burke County, mentioned that she should make it into a book. "It evolved into something way bigger than I thought it'd ever be," said Cates.

"I wrote the book because I find that so many

An entire chapter is devoted to the application of the book, with the explanation, "The purpose of this book is to help you create a big, clear picture of who you want to be and what you want to do and have."

Throughout the book are a series of lined pages where the reader can record his or her thoughts and goals.

A former teacher at Blue Ridge Community College, Cates often saw the lack of direction in the students. "I wanted to offer a tool for people ... students are so focused on academia that they forget about the big important stuff like what we want our life to look like," said Cates.

Cates attends schools and businesses as a motivational speaker. Her workshops are interactive, encouraging the participants to write out the direction they would like their life to take. Interested listeners can hear her speak on 92.1 FM on April 1 at 8 a.m.