**How to Level Up from Breakup Like Ciara**

**It’s Level Up Season**

Level Up is the new up-tempo summer viral hit from R&B singer songwriter Ciara. Can you say comeback? Ciara made her return to the music scene last week. Level Up is her first official single from her seventh, yet untitled, studio album, that was released on July 18, 2018 under Beauty Entertainment.

Let me tell you, I didn’t see this one coming. This song is giving me life right now. To many times in life we settle for less than we deserve in relationships. We stay in situations we have no business being in, because we don’t want to be single or we don’t think we will find someone to love us the way we are. I know because I stayed longer than I should have. And yes, I made all kinds of excuses. Been there done that. I am all about the level up. Trust me I will not make the same mistake again because I know my worth. Never waste your feelings on someone that doesn’t value you and never let a person tell you they don’t want you more than once. Thank you, I got the memo. Because, ain’t nobody got time for that!

**Ciara’s Level Up Self Love Anthem of 2018**

The message is powerfully clear. The song opens with some hard, hitting words that you can’t ignore, ***“Be your own boss, love yourself, get up and dance. Level up!”.*** This is my new mantra right now.

This song right here is the self love anthem of 2018. The song is about loving yourself, realizing your worth and leveling up your game in life. The title of the song is a reference to a controversial Instagram post Ciara shared back in January of 2018 based on a 2016 clip of a sermon by Pastor John Gray. Ciara captioned her post with the hashtag “#LevelUp. Don’t Settle”. Needless to say, she had social media in their feelings. There I go again with those Drake references. <https://www.youtube.com/watch?v=cFpHCBubf_E>

The song is about Ciara learning to love herself and knowing her worth. It’s a song about taking back her power and owning it. Most important, it’s about her growth. As we all know Ciara went through a very messy and public breakup and custody battle with her now ex-fiancé rapper Future. To say things got ugly between the two is an understatement. I’m not here to rehash the details of that. Let the past be the past! Period!

After her relationship ended Ciara came to the following realization

**Level Up Lessons**

The song is all over the Internet. It has even sparked the Level Up Challenge and countless reaction videos on YouTube. All that aside, there are some powerful lessons in the Level Up lyrics. There is just so much we can takeaway from this song.

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She later cleared up the message, explaining that she wanted to empower women as she felt her "lowest moment" as a single mom before learning to love herself

released

**The Controversial Tweet that Started It All**

Ciara tweeted #LevelUp in response to a sermon by Pastor John Gray, in which he said that, “too many women want to be married but they are walking in the spirit of girlfriend.” Of course, Twitter went in on Ciara. People accused her of being on her high horse and talking down to others about their relationship. Anyways, that is not what I am here to talk about. She went on to explain what she meant by tweeting,

The message is so on point.

Celebrity couples breakup all the time. 2018 alone saw

'Too many women want to be married, but you're **walking** **in** **the spirit** **of** '**Girlfriend**''. (Pastor **John Gray**).

[Chorus]
Five, four, three, two, one
Leggo! (watch me)
Level up, level up, level up, level up, level up
Level up, level up, level up, level up, level up
All this on me so yummy, all this sauce so yummy
Know you want this yummy, yummy all in your tummy
Level up, level up, level up, level up, level up
Level up, level up, level up, level up, level up
All this on me so yummy, all this sauce so yummy
Know you want this yummy, yummy all in your tummy

[Verse 1]
Them old mistakes are gone, I won’t do them no more
That’s old news, there’s new news, I done did that before
I turned nothing to something, my comeback on one hunnid'
Less talking, more action, you just gon' see Ci coming
I just keep elevating, no losses, just upgrading
My lessons, made blessings, I turned that into money
Thank God I never settled, this view is so much better
I’m chilling, I’m winning, like on another level

[Pre-Chorus]
Oh, you can talk all you want
See me, I stayed prayed up
Nothing I’m afraid of
And I can have it all

[Chorus]
Five, four, three, two, one
Leggo! (watch me)
Level up, level up, level up, level up, level up
Level up, level up, level up, level up, level up
All this on me so yummy, all this sauce so yummy
Know you want this yummy, yummy all in your tummy
Level up, level up, level up, level up, level up
Level up, level up, level up, level up, level up
All this on me so yummy, all this sauce so yummy
Know you want this yummy, yummy all in your tummy

[Verse 2]
Fake friends get dropped like weight
Team love, don’t want no hate (nope)
I’m grindin', I’m shinin'
Up, up, up on my way
Thank God I never settled
This view is so much better
I’m chilling, I’m winning
Like on another level

[Pre-Chorus]
Oh, you can talk all you want
See me, I stayed prayed up
Nothing I’m afraid of
And I can have it all

[Chorus]
Five, four, three, two, one
Leggo! (watch me)
Level up, level up, level up, level up, level up
Level up, level up, level up, level up, level up
All this on me so yummy, all this sauce so yummy
Know you want this yummy, yummy all in your tummy

[Bridge]
All this oh so level, on another level
Elevate your level, le-le-le-level
Graduate your level, there’s no one on it
Nah, nah, nah (ay)

[Chorus]
Level up, level up, level up, level up, level up
Level up, level up, level up, level up, level up
All this on me so yummy, all this sauce so yummy
Know you want this yummy, yummy all in your tummy
Level up, level up, level up, level up, level up
Level up, level up, level up, level up, level up
All this on me so yummy, all this sauce so yummy
Know you want this yummy, yummy all in your tummy (uh!)

[Ciara’s “Level Up” Seems To Reference Her Instagram Controversy About Marriage](https://genius.com/a/ciara-s-level-up-seems-to-reference-her-instagram-controversy-about-marriage)

About “Level Up”

 3 contributors

“Level Up” is Ciara’s first official single from her seventh – yet untitled – studio album, released on July 18, 2018 via Beauty Entertainment.

The song is an uptempo self love anthem about realising your worth and stepping up you game. The title of the song is a reference to the controversial[instagram post](https://www.instagram.com/p/BeLQ2QWnAMS/?taken-by=ciara) Ciara shared months ago. The post is a 2016 clip showing[John Gray’s sermon](https://www.youtube.com/watch?v=cFpHCBubf_E) in which he speaks to…

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24 VIEWING

25,305 VIEWS

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[**R&B**](https://genius.com/tags/r-b), [**Pop**](https://genius.com/tags/pop)

"LEVEL UP" TRACK INFO

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Release DateJuly 18, 2018

Samples

[We Are Young (Jersey Young Remix) by Kyle Edwards & DJ Smallz](https://genius.com/Kyle-edwards-and-dj-smallz-we-are-young-jersey-young-remix-lyrics)