

= Change Your Life (Little Mix song) =

" Change Your Life " is a song recorded by British girl group Little Mix for their debut studio album , DNA (2012) . It was written by Richard " Biff " Stannard , Tim Powell , Ash Howes and Little Mix , while its production was handled by Stannard and Powell . " Change Your Life " was written while the group were on The X Factor Tour and it was the first song composed for the album . It was written based on the group 's experience on The X Factor and their fans . Syco serviced the song , the third single from DNA , to radio stations in the United Kingdom on 5 January 2013 . It was released for digital download on 15 February 2013 . The song has themes of girl power , perseverance and self @-@ empowerment .

A mid @-@ tempo pop power ballad , " Change Your Life " exhibits the influence of soul and urban contemporary music . Instrumentation includes tumbling R & B piano lines and a pulsating , driving backbeat . The contemporary sound provided by its instrumentation has similarities to several songs produced by Coldplay and Ryan Tedder . " Change Your Life " attracted mixed to positive reviews from critics , most of whom considered it a highlight on DNA , commending the group 's harmonies and the song 's inspirational lyrics . Some reviewers , however , felt that it was weak and poor alternative to the album 's lead single , " Wings " (2012) .

" Change Your Life " reached number 12 in Ireland and the United Kingdom , becoming Little Mix 's fourth consecutive top 20 hit in both countries . It also became their second top ten hit in Australia , peaking at number 8 . " Change Your Life " was certified platinum by the Australian Recording Industry Association . The accompanying music video was released on 31 January 2013 . Filmed backstage at the group 's DNA Tour and on their tour bus , it shows the group bonding with each other . Met with mixed reviews , critics likened it to Spice Girls ' 1997 music video , " Mama " . Little Mix have performed " Change Your Life " on television shows Dancing on Ice , The Graham Norton Show and This Morning and during their DNA Tour (2013) .

= = Background = =

After winning the eighth series of The X Factor , Little Mix worked with Richard " Biff " Stannard , Tim Powell and Ash Howes on their debut single , " Cannonball " , which went on to reach number one on the UK Singles Chart in December 2011 . The group then embarked on The X Factor Tour in January 2012 , while on tour the group met up with Stannard , Powell and Howes to develop songs for their debut album , DNA . The first song they developed was " Change Your Life " based on the group 's experience on The X Factor and their fans . It was recorded at the Biffco Studios in Brighton , England . In a January 2012 interview with the Daily Mirror , Perrie Edwards was quoted as saying , " We 're going a bit urban , old school with a bit of pop . We wanna bring back old school harmonies . And Jesy beat @-@ boxes and Leigh @-@ Anne raps , so we 're trying out different things " . It was written as a song with an uplifting message . Jade Thirlwall told Robert Copsey of Digital Spy that the group loved the message of the song and that they were looking forward to releasing it . Serban Ghenea mixed the track at MixStar Studios in Virginia Beach , Virginia , and Tom Coyne was responsible for the song 's mastering .

Little Mix premiered " Change Your Life " before the release of DNA , performing it live for the first time on Children in Need 2012 on 17 November 2012 . The group were set to appear on Google + on 12 December 2012 , but due to technical problems , they had to cancel it . To keep their fans happy , the artwork and release of " Change Your Life " as the third single from DNA was revealed instead . Little Mix 's management posted the information on the group 's Facebook , writing , " Sad news Mixers ! The girls can 't do the Hangout today because of technical problems ... BUT they have a little surprise for you instead ... the new ' Change Your Life ' cover AND they 'll be doing a Twitter Q & A at 6pm ! Not such sad news after all ! Mixers HQ x " . Syco solicited the single to radio stations in the United Kingdom on 5 January 2013 . A digital EP was then released in Ireland and the United Kingdom on 15 February 2013 . The EP features remixed versions of " Change Your Life " by Bimbo Jones and Sonny J , as well as an edited single mix of the song .

= = Composition = =

" Change Your Life " is a mid @-@ tempo pop power ballad with a length of three minutes and 21 seconds . Having elements of soul and urban contemporary music , its Instrumentation includes tumbling R & B piano lines and a pulsating , driving backbeat . The song begins with an emotionally frayed spoken @-@ word introduction by Leigh @-@ Anne Pinnock , " She captures her reflection then she throws the mirror to the floor / Her image is distorted , screaming ' Is it worth it anymore ? " 4Music said that the spoken @-@ word introduction is reminiscent of All Saints ' 1997 single , " Never Ever " . The chorus , " Change , change your life , take it all / We gonna stick together , know we get through it all " , is pledged by the group in harmony over a spiralling piano lines , cascading keyboard lines and rousing , chugging strings . According to the digital sheet music published at Musicnotes.com by Sony / ATV Music Publishing , Little Mix 's vocal range in the song span from the note of A3 to E5 . Written in the key of A major , the track is set in common time at a moderate tempo of 80 beats per minute .

Lyrically , the song is motivational , inspirational and a reaffirmation of sisterhood . It has themes of girl power , perseverance and self @-@ empowerment . Similar to the lead single of DNA , " Wings " (2012) , its lyrical content regards standing up to criticism and remaining strong in the face of adversity . However , unlike " Wings , " it shows a greater vulnerability and sympathy for those dealing with self @-@ confidence issues . According to Digital Spy 's Lewis Corner , " Change Your Life " reinvigorates the girl power boom of the late 90 's . Dann Stubbs of NME likened the song 's piano instrumental to those of British band Coldplay . PopDust 's Andrew Unterberger opined that the production on " Change Your Life " is reminiscent to that of Ryan Tedder 's work .

= = Critical reception = =

Digital Spy 's Lewis Corner awarded " Change Your Life " four out of five stars , commending Little Mix 's " pitch @-@ perfect " harmonies and Richard Stannard 's ability to create a pop anthem . Dan Stubbs of NME complimented the song 's lyrics and deemed the chorus " monumental " . Christopher Hooton of Metro called the track " catchy and anthemic " . Jon Hornbuckle from So So Gay felt that " Change Your Life " was an obvious single choice and that its anthemic chorus is the definition of girl power in 2013 . Adrian Thrills of the Daily Mail positively reviewed the song , " The vocals are unexpectedly potent , with the harmony singing of Perrie , Jesy , Leigh @-@ Anne and Jade blending impressively on the big ballad ' Change Your Life ' " . Entertainment Wise 's Amy Gravelle said that the track succeeds in surpassing generic pop ballads , adding , " Which is surprising , for a band that have gone through the same mental trials and tribulations of other X Factor contestants who have failed at the first album hurdle " .

Vicky Newman from Shields Gazette called " Change Your Life " a brilliant song , reasoning : " Leigh @-@ Anne 's urban roots match perfectly with Jesy 's soulful voice , and the harmonies from Jade and Perrie transform it into a hit " . Nicky Diaz from The Miami Hurricane said that the song lets the group 's vocals and harmonies shine , calling it a stand @-@ out track on DNA . A reporter from 4Music described the song as " very dramatic , very serious , lovely stuff " . The reporter concluded , " The power @-@ ballad song and empowering message don 't disappoint " . " Change Your Life " was listed as one of two highlights from DNA by John Meagher of the Irish Independent . A writer from Redbrick deemed the song " inspiring " , opining that the song is one of the album 's " truly amazing moments " . PopDust 's Andrew Unterberger awarded " Change Your Life " three out of five stars , describing the group 's vocal performance as the song 's best attribute . Fiona Shepherd of The Scotsman gave the song a negative review , " ' Change Your Life ' reprises the message of ' Wings ' to lesser returns " . Kate Lucey from Sugar deemed the song one of the album 's weaker tracks . Lucey wrote , " ' Change Your Life ' and ' Always Be Together ' would most likely feature on the end credits of a film by the Olsen Twins that went straight to DVD , why these two have been put so early on in the album we 'll never know .

= = Chart performance = =

" Change Your Life " debuted at number 116 on the UK Singles Chart on 1 December 2012 , due to strong digital downloads following the release of DNA . It re @-@ entered the chart on 2 February 2013 at number 36 , selling a total of 9 @,@ 019 digital copies that week . The song climbed to number 31 the following week before receiving a 140 % sales increase following Little Mix 's performance of it on BBC One 's The Graham Norton Show , climbing 19 places to its peak of number 12 the week after . " Change Your Life " marks Little Mix 's fourth consecutive top 20 hit in the United Kingdom . " Change Your Life " debuted at number 13 on the Irish Singles Chart on 7 February 2013 , marking the chart 's highest debut for that week . It climbed to its peak of number 12 the following week , before dropping to number 17 the week after . The song spent a total of ten weeks on the chart . In Scotland , " Change Your Life " debuted at number 28 on the Scottish Singles Chart of 2 February 2013 . On 23 February 2013 , the song peaked at number eight , becoming Little Mix 's fourth consecutive top ten single in the country .

In Slovakia , " Change Your Life " debuted and peaked at number 60 on the Slovakian Airplay Chart issued in the eighth week of 2013 . It remained on the chart for four non @-@ consecutive weeks . " Change Your Life " debuted at number 43 on the Australian Singles Chart of 24 March 2013 . After weeks of gaining new peaks , the song peaked at number eight on 21 April 2013 , becoming Little Mix 's second top ten hit in the country . It has since spent a total of 12 weeks on the chart and was certified platinum by the Australian Recording Industry Association for sales of 70 @,@ 000 copies . " Change Your Life " debuted and peaked at number 35 on the New Zealand Singles Chart dated 8 April 2013 , marking the group 's second most successful single there to @-@ date . The song debuted and peaked at number 21 on the South Korea Gaon International Chart on 27 April 2013 , selling 5 @,@ 094 copies that week . It is Little Mix 's highest @-@ charting single in South Korea to @-@ date and has since spent four weeks on the chart and sold a total of 14 @,@ 586 copies in the country . " Change Your Life " debuted and peaked on the French Singles Chart at number 132 on 4 May 2013 , marking the group 's second most successful single there to @-@ date .

= = Music video = =

= = = Background = = =

On 13 December 2012 , the group posted a lyric video of " Change Your Life " on their Vevo account . It was originally speculated that the music video would have visuals reflecting the theme of self @-@ belief and overcoming self @-@ doubt . On 15 January 2013 , Jade Thirlwall told Robert Copsey of Digital Spy that the music video will showcase Little Mix 's individual personalities , " We always want our videos to be the best we can do , " Thirlwall explained . She also revealed that the video will be more mellow and real than the group 's previous music videos . " We 're just chilling and portraying the song and performing it how it should be ; there are no fireworks or backflips , it 's just us delivering a great song , " Thirlwall added . Little Mix wanted to showcase who they are with the video by centering it more around themselves than in previous music videos . The official music video for " Change Your Life " was set to be released on 18 January 2013 , but it premiered on Vevo on 31 January instead . It was filmed in two days . Scenes from the video were filmed at the Rhyl Pavilion Theatre in Rhyl when the group were performing a show there as part of their DNA Tour at the end of January in 2013 . A spokesman for the theatre said , " We are very proud to be featured as part of Little Mix 's ' Change Your Life ' video and feel it 's a huge achievement for the Rhyl Pavilion " . The video features cameos from Jade Thirlwall 's mother , Norma Thirlwall , and Perrie Edwards ' mother , Debbie Dufty . Norma Thirlwall said , " After a while , everyone forgot the cameras were there , so it looks really natural " . Following a product placement deal brokered by Starcom MediaVest 's content division , Liquid Thread , the video also sees the Samsung Galaxy features exclusivity in its technology category . Andrew Wynd , head of media , corporate marketing for Samsung Electronics , opined , " It has been fantastic to be able to seamlessly showcase some of [the Samsung Galaxy 's] functionality in the Little Mix video . " Rupert Britton , content strategy

director for Liquid Thread also commented on the deal :

We are thrilled with the brand integration in the new Little Mix video ' Change Your Life ' . It 's about aspiring to change your life for the better , and Samsung and the Galaxy camera fit very naturally with this ethos .

= = = Synopsis = = =

The music video for " Change Your Life " shows the backstage environment of the group 's first solo tour , the DNA Tour . A reporter from the Daily Mail wrote that the video sees Little Mix " embracing their usually casual but edgy style " . Jade Thirlwall is pictured wearing a banana @-@ print top and Perrie Edwards matches her purple hair with a soft blue dress . Other looks include Jesy Nelson sporting a camouflage jacket and Leigh @-@ Anne Pinnock wearing an oversized football shirt . Christopher Hooton of Metro described the group 's look in the video as " new seapunk @-@ meets @-@ 90s @-@ star " . Hooton also mentioned that the music video features the band " goofing around " . The group is first pictured sitting around backstage while waiting to have their hair and make @-@ up done . In another scene , Little Mix are filmed on their tour bus . This scene features Jade Thirlwall scribbling in a notebook as the other group members play around , laugh and take pictures of each other sleeping using the Samsung Galaxy . The group then look at the pictures they took together . In a different scene , Perrie Edwards is seen cuddling a puppy . Little Mix are also pictured singing " Change Your Life " to each other in a studio and preparing to go on stage at their Rhyl Pavilion tour date . Other scenes features the group in a dance rehearsal , using funny facial expressions and bonding with their mothers backstage . During the dance rehearsal , the group is seen practising dance moves to their DNA Tour setlist with their tour choreographer and backing dancers . In other scenes , the group is seen playing with their own Little Mix dolls and Thirlwall , sporting blue hair , is wheeled away in a cardboard box . Before going onstage , Leigh @-@ Anne Pinnock is seen smiling as a make @-@ up artist applies her final touches while Thirlwall is pictured applying her own make @-@ up . The group then centre themselves as they show each other support by hugging one another before heading to the stage . After the show , the foursome is seen showing their solidarity by embracing one another again .

= = = Reception = = =

Alicia Adejobi from Entertainment Wise wrote that the music video proves that " girl power is well and truly back " . Adejobi went on to highlight the scene where the group bonds with their mothers , deeming it the video 's most touching segment and particularly reminiscent of the Spice Girls ' music video for " Mama " (1997) . Kate Lucey of Sugar gave the video a mixed review , " It 's a little bit of a let down after the amazingness that was the ' DNA ' video , but we 'll let it slide , they 've been busy . " However , Lucey , complimented Jesy Nelson 's sass and Perrie Edwards ' style in the music video . 4Music opined , " We are slightly frustrated by the simple backstage tour @-@ style video . " A reporter from the Daily Mail positively reviewed the music video , " Even though [Little Mix] have had personal setbacks , the band seems as solid as ever [in the video] " . The reporter deemed the video as their most personal yet , and praised the group 's softer and fun @-@ loving sides in it . The Daily Mail reporter went on to say that the video proves how close the group are and that it manifests that Little Mix are stronger than ever .

= = Live performances = =

Little Mix performed " Change Your Life " for the first time on the BBC 's Children in Need telethon on 17 November 2012 . Lizzie Cox of Sugar wrote that the performance was mind @-@ blowing . Following Perrie Edwards having her tonsils removed in December 2012 and Jade Thirlwall losing her voice , the group managed to perform the song live on Dancing on Ice on 20 January 2013 . Despite their throat problems , Little Mix " whacked out a belter of a performance " , according to Kate Lucey of Sugar who labelled the performance " flawless " . 4Music positively reviewed the

performance , " The girls looked and sounded amazing " . The performance also received praise from the group 's fans on Twitter . On 31 January 2013 , Little Mix appeared on The Graham Norton Show for an interview and a performance of " Change Your Life " . Carl Smith from Sugar praised the group 's cute look during the performance and Jade Thirlwall 's Minnie Mouse @-@ inspired head @-@ piece . On 14 February 2013 , Little Mix did an interview and performed the single on ITV 's This Morning .

" Change Your Life " is performed as part of the encore during Little Mix 's setlist for their 2013 DNA Tour . Before the performance , the group change into their final costume for the setlist . After the performance , Little Mix then thank the crowd for coming , make shoutouts to the audience and thank their band . Shields Gazette who were at the tour 's date at the Newcastle City Hall , wrote that the crowd chanted the group 's name until they re @-@ appeared for the performance of the song . A writer for newspaper praised the performance , " It was an all @-@ round stunning performance from a band , who are destined to be huge [all over the world] . " Lewis Corner of Digital Spy who was at the tour 's date at the Hammersmith Apollo , opined , " The girls seemed genuinely humbled by the [crowd 's] rapturous response . " Corner added , " It 's lucky Little Mix seem to enjoy touring so much , because they 've got the whole world to travel yet . " A journalist for the Express & Star who attended the tour 's date at the Civic Hall in Wolverhampton deemed the " Change Your Life " performance " powerful " . The journalist also mentioned that the crowd were in riotous voice during the performance and further opined , " Little Mix may have been born out of a TV talent show but they are growing into a class act . "

= = Credits and personnel = =

Recording and mixing

Recorded at Biffco Studios , Brighton , England ; mixed at MixStar Studios , Virginia Beach , Virginia .

Personnel

Songwriting ? Richard " Biff " Stannard , Tim Powell , Ash Howes , Perrie Edwards , Jesy Nelson , Leigh @-@ Anne Pinnock , Jade Thirlwall

Production ? Richard " Biff " Stannard , Tim Powell

Mixing ? Serban Ghenea

Mastering ? Tom Coyne

Credits adapted from the liner notes of DNA , Sony Music Entertainment , UK .

= = Track listing = =

Digital (Remixes) EP

" Change Your Life " (Single Mix) ? 3 : 21

" Change Your Life " (Sonny J Mason Radio Mix) ? 4 : 21

" Change Your Life " (Bimbo Jones Radio Edit) ? 2 : 48

" Change Your Life " (Instrumental) ? 3 : 20

= = Charts and certifications = =

= = Release history = =