

# Jason Aldean Says Celebrity Wife Brittany Kerr 'Keeps Me Focused and Grounded'



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In a recent piece of celebrity news from [People.com](https://www.people.com) Jason Aldean spoke highly of how his new celebrity wife Brittany Kerr influences his life. The [celebrity couple](#) were married in March of this year in a surprise wedding in Mexico. Aldean told PEOPLE that the former *American Idol* contestant keeps him "a little more focused and grounded," which he especially needs while on the road.

## Brittany Kerr is still adjusting to

# being a celebrity wife! What are some ways to give your partner a reality check?

## Cupid's Advice:

Whether you're newly married like this celebrity couple or have been in a long-term relationship, giving your partner a reality check from time to time can benefit your relationship and love. Here is Cupid's love advice for how to keep your partner grounded:

**1. Be supportive through stress:** Stress can come in many different forms, whether from work, a job interview, or money issues. If stress is negatively affecting your partner, show that you support them by giving them words of encouragement and finding the positive aspects of the situation at hand.

**Related Link:** [Famous Couple Jason Aldean and Brittany Kerr Have Wedding Celebration](#)

**2. Create realistic goals:** It's easy to create lofty goals, but completing those bigger goals can be difficult. Work with your partner to create goals that are manageable but rewarding for him or her, or encourage them to divide bigger goals up into smaller parts. In doing so, running a 10 kilometer race or passing a big certification exam won't seem so daunting.

**Related Link:** [Jason Aldean and Brittany Kerr Spend Christmas Eve With His Kids](#)

**3. Keep your partner's eye on the prize:** Getting the motivation to do something or complete a task can be hard, so keep your partner focused and motivated by reminding them of their goals. Whether it's paying off all of their loans or saving up for a month long tour of Asia, remind your significant other what they are working towards and the

fulfillment they will gain.

**How do you help keep your partner focused and grounded in reality? Leave your comments down below!**