$$A := Matrix\left(\left[\begin{bmatrix}1, -1, 0\end{bmatrix}, \begin{bmatrix}0, \frac{1}{2}, 0\end{bmatrix}, \begin{bmatrix}-\frac{3}{4}, \frac{7}{4}, \frac{1}{4}\end{bmatrix}\right]\right)$$

$$\begin{bmatrix}1 & -1 & 0\\ & & 1\end{bmatrix}$$

$$A := \begin{bmatrix} 1 & -1 & 0 \\ 0 & \frac{1}{2} & 0 \\ -\frac{3}{4} & \frac{7}{4} & \frac{1}{4} \end{bmatrix}$$
 (1)

 \rightarrow J, Q := JordanForm(A, output = ['J','Q'])

$$J, Q := \begin{bmatrix} 1 & 0 & 0 \\ 0 & \frac{1}{2} & 0 \\ 0 & 0 & \frac{1}{4} \end{bmatrix}, \begin{bmatrix} \frac{1}{3} & 2 & 0 \\ 0 & 1 & 0 \\ -\frac{1}{3} & 1 & -\frac{2}{3} \end{bmatrix}$$
 (2)

> cosD := Matrix([[(cos(Pi*J[1, 1])), 0, 0], [0, (cos(Pi*J[2, 2])), 0], [0, 0, (cos(Pi*J[3, 3]))]]);

$$cosD := \begin{bmatrix} -1 & 0 & 0 \\ 0 & 0 & 0 \\ 0 & 0 & \frac{\sqrt{2}}{2} \end{bmatrix}$$
 (3)

 $ightharpoonup result := Q \cdot cosD \cdot MatrixInverse(Q)$

result :=
$$\begin{bmatrix} -1 & 2 & 0 \\ 0 & 0 & 0 \\ 1 + \frac{\sqrt{2}}{2} & -2 - \frac{3\sqrt{2}}{2} & \frac{\sqrt{2}}{2} \end{bmatrix}$$
 (4)

Et voila