

The Em Matrix

Task	Perceived Difficulty	Feelings about Task	Expected Result
<i>Details of the task attempted</i>	<i>Score 1-10</i>	<i>Give some words to describe how you felt before your effort/submission</i>	<i>Send/Pass, Fail</i>

Attempt(ed) Task

Actual Result	Actual Difficulty	Effort Level	Commit Level	Reflections
<i>Send/Pass, Fail</i>	<i>Score 1-10</i>	<i>Score 1-10</i>	<i>Score 1-10</i>	<i>Give some words to describe how you felt after your effort/submission compared to before</i>

