Step-1

T is a 3 by 3 upper triangular matrix.

The entries of T are t_{ij} .

$$T = \begin{bmatrix} t_{11} & t_{12} & t_{13} \\ 0 & t_{22} & t_{23} \\ 0 & 0 & t_{33} \end{bmatrix}$$
 Therefore

$$T^{H} = \begin{bmatrix} \overline{t_{11}} & 0 & 0 \\ \overline{t_{12}} & \overline{t_{22}} & 0 \\ \overline{t_{13}} & \overline{t_{23}} & \overline{t_{33}} \end{bmatrix}$$
Then

$$TT^{H} = \begin{bmatrix} t_{11} & t_{12} & t_{13} \\ 0 & t_{22} & t_{23} \\ 0 & 0 & t_{33} \end{bmatrix} \begin{bmatrix} \overline{t}_{11} & 0 & 0 \\ \overline{t}_{12} & \overline{t}_{22} & 0 \\ \overline{t}_{13} & \overline{t}_{23} & \overline{t}_{33} \end{bmatrix}$$

$$= \begin{bmatrix} \left|t_{11}\right|^{2} + \left|t_{12}\right|^{2} + \left|t_{13}\right|^{2} & t_{11}\overline{t_{22}} + t_{13}\overline{t_{23}} & t_{13}\overline{t_{33}} \\ t_{22}\overline{t_{12}} + t_{33}\overline{t_{13}} & \left|t_{22}\right|^{2} + t_{33}\overline{t_{23}} & t_{23}\overline{t_{33}} \\ t_{33}\overline{t_{13}} & t_{33}\overline{t_{23}} & \left|t_{33}\right|^{2} \end{bmatrix}_{\hat{\mathbf{a}} \in |\hat{\mathbf{a}} \in [1]} \hat{\mathbf{a}} \in \hat{\mathbf{a}} \in [1]$$

$$T^{H}T = \begin{bmatrix} \overline{t}_{11} & 0 & 0 \\ \overline{t}_{12} & \overline{t}_{22} & 0 \\ \overline{t}_{13} & \overline{t}_{23} & \overline{t}_{33} \end{bmatrix} \begin{bmatrix} t_{11} & t_{12} & t_{13} \\ 0 & t_{22} & t_{23} \\ 0 & 0 & t_{33} \end{bmatrix}$$

$$= \begin{bmatrix} \left|t_{11}\right|^{2} & \overline{t_{11}}t_{12} & \overline{t_{11}}t_{13} \\ \overline{t_{12}}t_{11} & \left|t_{12}\right|^{2} + \left|t_{22}\right|^{2} & \overline{t_{12}}t_{13} + \overline{t_{22}}t_{23} \\ \overline{t_{13}}t_{11} & \overline{t_{13}}t_{12} + \overline{t_{23}}t_{22} & \left|t_{13}\right|^{2} + \left|t_{23}\right|^{2} + \left|t_{33}\right|^{2} \end{bmatrix}_{\hat{\mathbf{a}} \in \hat{\mathbf{a}} \in \hat{\mathbf{a}} \in \hat{\mathbf{a}}} \hat{\mathbf{c}}_{\hat{\mathbf{a}}}(2)$$

Step-2

Comparing the ij^{th} entries of (1) and (2) for every i and j, we get

$$|t_{11}|^2 + |t_{12}|^2 + |t_{13}|^2 = |t_{11}|^2$$

$$\Rightarrow t_{12} = t_{13} = 0 \ \ \hat{\mathbf{a}} \in \hat{\mathbf{a}} \in \hat{\mathbf{a}} \in [\hat{\mathbf{a}} \in \hat{\mathbf{a}}]$$

$$\left|t_{22}\right|^2 + t_{33}\overline{t}_{23} = \left|t_{12}\right|^2 + \left|t_{22}\right|^2$$

From this, we get $t_{33}\bar{t}_{23} = |t_{12}|^2$

$$(3) \Rightarrow t_{33}\overline{t}_{23} = 0 \ \hat{a} \in \hat{a} \in (4)$$

$$|t_{33}|^2 = |t_{13}|^2 + |t_{23}|^2 + |t_{33}|^2$$

$$\Rightarrow t_{13} = t_{23} = 0 \quad \hat{\mathbf{a}} \in \hat{\mathbf{a}} \in \hat{\mathbf{a}} = 0$$

Step-3

In view of (3),(4), and (5), we can see that t_{11} , t_{22} , t_{33} entries can take either real or complex values and $t_{12} = t_{13} = t_{23} = 0$ to satisfy the equality of the products (1) and (2).

$$T = \begin{bmatrix} t_{11} & 0 & 0 \\ 0 & t_{22} & 0 \\ 0 & 0 & t_{33} \end{bmatrix}$$
 which is a diagonal matrix.

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Further, such a matrix T is called the normal triangular matrix.

Therefore, every normal triangular matrix T is diagonal.