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$$\begin{aligned}
\langle u_N, v \rangle &= \sum_{k=1}^N \langle \mathcal{L}(e_k) e_k, v \rangle \\
&= \sum_{k=1}^N \mathcal{L}(e_k) \langle e_k, v \rangle \\
&= \mathcal{L} \left(\sum_{k=1}^N \langle e_k, v \rangle e_k \right) \\
&= \mathcal{L}(v)
\end{aligned}$$

2 it's obvious that $u_N \in V_N$

$$\text{so } \mathcal{L}(u_N) = \|u_N\|^2$$

$$\text{and } \mathcal{L}(u_N) = \langle \mathcal{L}, u_N \rangle \leq \|\mathcal{L}\| \|u_N\|$$

$$\Rightarrow \|u_N\| \leq \|\mathcal{L}\|$$

$$\mathbf{3} \quad \because \|u_N\|^2 = \sum_{k=1}^N \mathcal{L}^2(e_k) \leq \|\mathcal{L}\|^2$$

$$\text{so we have } \sum_{k=1}^{\infty} |\mathcal{L}(e_k)|^2 \leq \|\mathcal{L}\|^2$$

using the lemma in week5 PDF we can know that there exist $u = \sum_{k=1}^{\infty} \mathcal{L}(e_k) e_k$

which prove the convergence of $\sum_{k=1}^{\infty} \mathcal{L}(e_k) e_k$

$$\because u = \sum_{k=1}^{\infty} \langle u, e_k \rangle e_k$$

$$\|u - u\| = |\mathcal{L}(e_k) - \langle u, e_k \rangle|^2 = 0$$

$$\therefore \langle u, e_k \rangle = \mathcal{L}(e_k) \quad \forall k = 1 \dots$$

$$\therefore \forall v \in \mathcal{H} v = \sum_{k=1}^{\infty} \langle v, e_k \rangle e_k$$

$$\mathcal{L}(v) = \mathcal{L}\left(\sum_{k=1}^{\infty} \langle v, e_k \rangle e_k\right) = \sum_{k=1}^{\infty} \langle v, e_k \rangle \mathcal{L}(e_k)$$

$$= \langle v, \sum_{k=1}^{\infty} \mathcal{L}(e_k) e_k \rangle = \langle u, v \rangle$$

then prove the uniqueness of u if we have au^* s.t $\forall v$

$$\langle u^*, v \rangle = \mathcal{L}(v)$$

then $\langle u^*, v \rangle = \mathcal{L}(e_k) \forall k \geq 0$

$$u^* = \sum_{k=1}^{\infty} \langle u^*, e_k \rangle e_k = \sum_{k=1}^{\infty} \mathcal{L}(e_k) e_k = u$$