FORM 7  
  
MONTHLY PROGRESS REPORT

Name of Listed Issuer: **Goldseek Resources Inc.** (the “Issuer” or “Company”).

Trading Symbol: **GSK**

Number of Outstanding Listed Securities: **19,872,000**

Date:  **May 2020**

**Report on Business**

1. Provide a general overview and discussion of the development of the Issuer’s business and operations over the previous month. Where the Issuer was inactive disclose this fact.

**The Company is a Canadian exploration company with a portfolio of assets in Ontario and Quebec, Canada. By identifying four projects in world-class mining locations, the Company is poised to deliver shareholder value through rigorous exploration and development on these properties. Our mission is to find the next major discovery in the mining camps of Urban Barry, Quevillon and the Detour Gold Trend in Quebec and the Hemlo Gold Camp in Ontario.**

1. Provide a general overview and discussion of the activities of management.

**As a result of the Coronavirus, management is conserving capital while exploration has been limited in Quebec and Ontario. Management looks forward to continuing on our business plan to explore all properties once it is safe to do so. Our thoughts are with everyone to keep safe during these unprecedented times.**

1. Describe and provide details of any new products or services developed or offered. For resource companies, provide details of new drilling, exploration or production programs and acquisitions of any new properties and attach any mineral or oil and gas or other reports required under Ontario securities law.

**In a press release dated May 26, 2020, The Company announced the addition of 8 cells (443.95 hectares) to the Southern Arm Property (the “Property") acquired from Midland Exploration. These claims cover the source of a VTEM anomaly defined in February 2017 by Midland Exploration, which performed a VTEM survey with Geotech on the Bapst Fault and provides Goldseek will a near-term drill-ready target in the Fenelon Camp.**

**The agreement for the Property acquisition goes as follows:**

* **The 8 claims in Fenelon were acquired through an Exchange of Properties Agreement with Midland Exploration Inc. whereby Goldseek exchanged its Quevillon North Property (in exchange for the Property). Goldseek granted to Midland a 2% NSR on the Property with a 1% buyback option for $1 Million. Midland agreed to assume the 2% NSR payable on the Quevillion North property, as described below.**
* **The Quevillon North Property was acquired by Goldseek on May 12, 2020. Pursuant to a definitive agreement, Goldseek acquired 100% interest, subject to a 2% net smelter returns royalty, in the Quevillon North property from two vendors which owned the property as to 50% each and one vendor was a company, Silverwater Capital Corp., controlled by Jonathon Deluce, a director of the Company. The terms of the purchase were as follows:**
  + **Upon Canadian Securities Exchange acceptance, pay $1,000 in cash and issue 15,000 shares of Goldseek to Richard Lavoie.**
  + **Goldseek can purchase 1% (or 1/2) of the net smelter returns royalty at any time for $1,000,000. The NSR holders are Richard Lavoie and Jonathon Deluce. This royalty was agreed to be assumed by Midland under the terms of the Exchange of Properties Agreement.**
  + **Mr. Jonathon Deluce abstained from voting on all matters related to the Quevillion North acquisition and exchange of properties, because of his disclosed interest in Quevillion North.**

**In a press release dated May 28, 2020, The Company announce that it has acquired the Quevillon West Property (the “Property”) through direct staking. The Quevillon West Property is located 35km west from Lebel-sur-Quevillon and 60km north of Amos. It is accessible by a well-maintained dirt road as well as logging roads. The 257 claims cover approximately 13,590.79 hectares (135,9km2). It is composed of 205 active claims and 52 pending claims.**

1. Describe and provide details of any products or services that were discontinued. For resource companies, provide details of any drilling, exploration or production programs that have been amended or abandoned.

**None**

1. Describe any new business relationships entered into between the Issuer, the Issuer’s affiliates or third parties including contracts to supply products or services, joint venture agreements and licensing agreements etc. State whether the relationship is with a Related Person of the Issuer and provide details of the relationship.

**None**

1. Describe the expiry or termination of any contracts or agreements between the Issuer, the Issuer’s affiliates or third parties or cancellation of any financing arrangements that have been previously announced.

**None**

1. Describe any acquisitions by the Issuer or dispositions of the Issuer’s assets that occurred during the preceding month. Provide details of the nature of the assets acquired or disposed of and provide details of the consideration paid or payable together with a schedule of payments if applicable, and of any valuation. State how the consideration was determined and whether the acquisition was from or the disposition was to a Related Person of the Issuer and provide details of the relationship.

**Please refer to question 3 for an overview of the property acquisitions made during the month.**

1. Describe the acquisition of new customers or loss of customers.

**None**

1. Describe any new developments or effects on intangible products such as brand names, circulation lists, copyrights, franchises, licenses, patents, software, subscription lists and trade-marks.

**None**

1. Report on any employee hiring, terminations or lay-offs with details of anticipated length of lay-offs.

**None**

1. Report on any labour disputes and resolutions of those disputes if applicable.

**None**

1. Describe and provide details of legal proceedings to which the Issuer became a party, including the name of the court or agency, the date instituted, the principal parties to the proceedings, the nature of the claim, the amount claimed, if any, if the proceedings are being contested, and the present status of the proceedings.

**None**

1. Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness.

**None**

1. Provide details of any securities issued and options or warrants granted.

**None**

1. Provide details of any loans to or by Related Persons.

**None**

1. Provide details of any changes in directors, officers or committee members.

**None**

1. Discuss any trends, which are likely to impact the Issuer including trends in the Issuer’s market(s) or political/regulatory trends.

**None**

**Certificate Of Compliance**

The undersigned hereby certifies that:

1. The undersigned is a director and/or senior officer of the Issuer and has been duly authorized by a resolution of the board of directors of the Issuer to sign this Certificate of Compliance.
2. As of the date hereof there were is no material information concerning the Issuer which has not been publicly disclosed.
3. The undersigned hereby certifies to the Exchange that the Issuer is in compliance with the requirements of applicable securities legislation (as such term is defined in National Instrument 14-101) and all Exchange Requirements (as defined in CNSX Policy 1).
4. All of the information in this Form 7 Monthly Progress Report is true.

Dated: June 4, 2020

Jonathon Deluce

“*Jonathon Deluce*”

CEO

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| ***Issuer Details***  Name of Issuer  Goldseek Resources Inc. | For Month End  May 2020 | Date of Report  June 4, 2020 |
| Issuer Address  1231 Huron Street | | |
| City/Province/Postal Code  London, ON, N5Y 4L1 | Issuer Fax No.  ( ) | Issuer Telephone No.  (226) 271-5170 |
| Contact Name  Jonathon Deluce | Contact Position: Chief Executive Officer | Contact Telephone No. |
| Contact [jdeluce@goldseekresources.com](mailto:jdeluce@goldseekresources.com) | Web Site Address  <https://www.goldseekresources.com/> | |