

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: **Aurwest Resources Corporation** (the "Issuer" or "Company").

Trading Symbol: **AWR**

Number of Outstanding Listed Securities: **101,454,966**

Date: **September 6, 2023**

This Monthly Progress Report must be posted before the opening of trading on the fifth trading day of each month. This report is not intended to replace the Issuer's obligation to separately report material information forthwith upon the information becoming known to management or to post the forms required by Exchange Policies. If material information became known and was reported during the preceding month to which this report relates, this report should refer to the material information, the news release date and the posting date on the Exchange website.

This report is intended to keep investors and the market informed of the Issuer's ongoing business and management activities that occurred during the preceding month. Do not discuss goals or future plans unless they have crystallized to the point that they are "material information" as defined in the Policies. The discussion in this report must be factual, balanced and non-promotional.

General Instructions

- (a) Prepare this Monthly Progress Report using the format set out below. The sequence of questions must not be altered nor should questions be omitted or left unanswered. The answers to the items must be in narrative form. State when the answer to any item is negative or not applicable to the Issuer. The title to each item must precede the answer.
- (b) The term "Issuer" includes the Issuer and any of its subsidiaries.
- (c) Terms used and not defined in this form are defined or interpreted in Policy 1 – Interpretation and General Provisions.

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.

Newfoundland

No additional exploration activity has taken place during August 2023 on the Newfoundland properties. Interpretation of all the geo-technical data from previous exploration is ongoing.

British Columbia

No additional exploration work has been undertaken on the Stellar or Stars properties during August 2023.

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

Newfoundland

Management activities involved the ongoing interpretation of the geo-technical data with all the Company's properties in NFLD.

British Columbia

No additional exploration or geological activity took place on the Stellar and Stars property in BC, approximately 25-65 km southwest of Houston, BC. The proposed IP survey on the Stars property has been cancelled due to the poor state of the capital markets and ability to raise additional exploration funding.

General

Management spent time working on the preparation of the second quarter ending June 30, 2023 financial statements and MD&A. These were filed on August 29, 2023.

3. 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. **Not Applicable**
4. 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. **Not Applicable**
5. 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. **Not Applicable.**
6. 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. **Not Applicable**

7. Describe the acquisition of new customers or loss of customers. **Not Applicable.**
8. 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. **Not Applicable**
9. Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs. **Not Applicable.**
10. Report on any labour disputes and resolutions of those disputes if applicable.
Not Applicable.
11. 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.

As mentioned in the March 2023 Progress Report, a Notice of Arbitration was filed on February 1, 2023 by 0783701 BC Ltd. (a copy owned by Bob Faris, the former President of the Company). The Arbitration process is currently ongoing with meetings with the Arbitrator.
12. Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness. **Not Applicable**

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

Security	Number Issued	Details of Issuance	Use of Proceeds ⁽¹⁾

- 14. Provide details of any loans to or by Related Persons. **Not Applicable.**
- 15. Provide details of any changes in directors, officers or committee members. **Not Applicable.**
- 16. Discuss any trends which are likely to impact the Issuer including trends in the Issuer’s market(s) or political/regulatory trends. **Not Applicable.**

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 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: September 6 , 2023

Cameron Macdonald
Name of Director or Senior
Officer

Signed: "Cameron Macdonald"
Signature

Chairman and CEO
Official Capacity

Issuer Details Name of Issuer Aurwest Resources Corporation	For Month End August 31, 2023	Date of Report YY/MM/DD 23/09/06
Issuer Address Suite 2003, 188 15th Ave SW		
City/Province/Postal Code Calgary, Alberta T2R 1S4	Issuer Fax No.	Issuer Telephone No. (403) 585-9875
Contact Name Cameron Macdonald	Contact Position Chairman & CEO	Contact Telephone No. (403) 585-9875
Contact Email Address cmacdonald@aurwestresources.com	Web Site Address www.aurwestresources.com	