FORM 11

NOTICE OF PROPOSED STOCK OPTION GRANT OR AMENDMENT

Name of Listed Issuer: PUSHFOR INVESTMENTS Inc. (the "Issuer").

Trading Symbol: PUSH

Date: January 31, 2022

1. New Options Granted:

Date of Grant: January 28, 2022

Name of Optionee	Position (Director/ Officer/ Employee/ Consultant/ Management Company	Insider Yes or No?	No. of Optioned Shares	Exercise Price	Expiry Date	No. of Options Granted in Past 12 Months
Grand Peak Capital Corp.	Management Co.	No	300,000	$0.07	Jan.28/27	None
Michael Noonan	Director/Officer	Yes	3,000,000	$0.07	Jan.28/27	None
Kyle Lucas	Director/Officer	Yes	3,000,000	$0.07	Jan.28/27	None
Michel Lebeuf	Director	Yes	500,000	$0.07	Jan.28/27	None
Parmjeet Johal	Director	Yes	500,000	$0.07	Jan.28/27	None
Craig Alford	Consultant	No	1,000,000	$0.07	Jan.28/27	None
Sukhpreet Sangha	Consultant	No	2,000,000	$0.07	Jan.28/27	None
Louis Silver	Consultant	No	500,000	$0.07	Jan.28/27	None
John Wright	Consultant	No	625,000	$0.07	Jan.28/27	None
Jeffrey Browne	Consultant	No	625,000	$0.07	Jan.28/27	None
Erik Olsen	Consultant	No	250,000	$0.07	Jan.28/27	None
Kyle Elam	Consultant	No	250,000	$0.07	Jan.28/27	None
Aaron Haney	Consultant	No	250,000	$0.07	Jan.28/27	None

Total Number of optioned shares proposed for acceptance: 12,800,000

2. Other Presently Outstanding Options: None

Name of Optionee	No. of Optioned Shares(1)	Exercise Price	Original Date of Grant	Expiry Date

(1) Set out number of optioned shares for each grant with different terms.

3. Additional Information

(a) If shareholder approval was required for the grant of options (including prior approval of a stock option plan), state the date that the shareholder meeting approving the grant was or will be held. N/A

(b) State the date of the news release announcing the grant of options. January 28, 2022

(c) State the total issued and outstanding share capital at the date of grant or amendment. 179,220,441

(d) State, as a percentage of the issued and outstanding shares of the Issuer indicated in (c) above, the aggregate number of shares that are subject to incentive stock options, including new options, amended options and other presently outstanding options. 10%

(e) If the new options are being granted pursuant to a stock option plan, state the number of remaining shares reserved for issuance under the plan. 5,122,044

(f) If the Issuer has completed a public distribution of its securities within 90 days of the date of grant, state the per share price paid by the public investors. N/A

(g) Describe the particulars of any proposed material changes in the affairs of the Issuer. Share for Debt Settlement of $140,000 with I.R. Company, Amherst Bauer, via issuance of 2,000,000 shares at $0.07 each.

4. 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 11 Notice of Proposed Stock Option Grant or Amendment is true.

Date: January 31, 2022

Michael Noonan
Name of Director or Senior Officer

S/"M.Noonan"
Signature

CEO
Official Capacity