

Form 144 Filer Information

UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

FORM 144

Form 144

NOTICE OF PROPOSED SALE OF SECURITIES
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

144: Filer Information

Filer CIK

0002035881

Filer CCC

XXXXXXXX

Is this a LIVE or TEST Filing?

☒ LIVE ☐ TEST

Submission Contact Information

Name

Phone

E-Mail Address

144: Issuer Information

Name of Issuer

Two Harbors Investment Corp.

SEC File Number

001-34506

Address of Issuer

1601 Utica Avenue South
Suite 100
St. Louis Park
MINNESOTA
55416

Phone

6124534100

Name of Person for Whose Account the
Securities are To Be Sold

Jillian Halm

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer

Officer

144: Securities Information

Title of the Class of Securities To Be Sold	Name and Address of the Broker	Number of Shares or Other Units To Be Sold	Aggregate Market Value	Number of Shares or Other Units Outstanding	Approximate Date of Sale	Name of the Securities Exchange
Common Stock	Raymond James 660 Newport Center Drive Suite 570 Newport Beach CA 92660	2895	30136.95	104155818	01/08/2026	NYSE

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

144: Securities To Be Sold

Title of the Class	Date you Acquired	Nature of Acquisition Transaction	Name of Person from Whom Acquired	Is this	Date Donor Acquired	Amount of Securities Acquired	Date of Payment	Nature of Payment *
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				a Gift?				
Common Stock	01/07/2026	Vesting of Performance Share Unit Award	Two Harbors Investment Corp.	☐		924	01/07/2026	Vesting of Performance Share Unit Award
Common Stock	01/07/2026	Vesting of Restricted Stock Unit Award	Two Harbors Investment Corp.	☐		1456	01/07/2026	Vesting of Restricted Stock Unit Award
Common Stock	01/13/2026	Vesting of Restricted Stock Unit Award	Two Harbors Investment Corp.	☐		515	01/13/2026	Vesting of Restricted Stock Unit Award

* If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

144: Securities Sold During The Past 3 Months

Nothing to Report



144: Remarks and Signature

Remarks

The reporting person anticipates selling the shares for the purpose of satisfying income tax liabilities, incurred upon the vesting of restricted stock unit awards and a performance share unit award, pursuant to written instructions previously executed by the reporting person.

Date of Notice

01/07/2026

Date of Plan Adoption or Giving of Instruction, If Relying on Rule 10b5-1

02/17/2021

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature

/s/ Jillian Halm

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)