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

## **FORM 144**

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

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SEC USE ONLY
DOCUMENT . 1.00

SEQUENCE NO.

				CUSIP N	NUMBER
<b>ATTENTION:</b> Transmit for filing 3 copies of this form concurrently with either					
1 (a) NAME OF ISSUER (Please type or print)	(b) IRS IDENT. NO.	(c) S.E.C. FILE N	NO.	WORK I	LOCATION
Two Harbors Investment Corp.	27-0312904	001-34506			
1 (d) ADDRESS OF ISSUER STREET		CITY	STATE ZIP		
			COD	E (e) TELE	EPHONE NO.
				AREA	
				CODE	NUMBER
601 Carlson Parkway, Suite 1400		Minnetonka	MN 5530:	612	453-4100
2 (a) NAME OF PERSON FOR WHOSE ACCOUNT THE SECURITIES ARE TO BE SOLD	(b) RELATIONSHIP TO ISSUER	(c) ADDRESS STREET	C	TY S	TATE ZIP CODE
Thomas Siering	Director	601 Carlson Parkway, Suite 1400	M	nnetonka M	IN 55305

INSTRUCTION: The person filing this notice should contact the issuer to obtain the I.R.S. Identification Number and the S.E.C. File Number.

3(a)	(b)	SEC USE ONLY	(c)	(d)	(e)	(f)	(g)
Title of the		Broker-Dealer	Number of Shares	Aggregate	Number of Shares	Approximate	Name of Each
Class of	Name and Address of Each Broker Through	File Number	or Other Units	Market	or Other Units	Date of Sale	Securities
Securities	Whom the Securities are to be Offered or Each		To Be Sold	Value	Outstanding	(See instr. 3(f))	Exchange
To Be Sold	Market Maker who is Acquiring the Securities		(See instr. 3(c))	(See instr. 3(d))	(See instr. 3(e))	(MO. DAY YR.)	(See instr. 3(g))
Common Stock	TD Ameritrade, Inc.		290,285	\$2,046,509.25 at	273,723,894	5/13/2021	NYSE
	200 South 108th Avenue			5/10/2021 (\$7.05	at 5/6/2021		
	Omaha, NE 68154			closing price)			
Common Stock	Charles Schwab & Co., Inc.		352,376	\$2,484,250.80 at	273,723,894	5/13/2021	NYSE
	211 Main Street			5/10/2021 (\$7.05	at 5/6/2021		
	San Francisco, CA 94105			closing price)			

# INSTRUCTIONS:

- 1. (a) (b) (c) (d) (e) Name of issuer
  Issuer's I.R.S. Identification Number
  Issuer's S.E.C. file number, if any
  Issuer's address, including zip code
  Issuer's telephone number, including area code
- Name of person for whose account the securities are to be sold Such person's relationship to the issuer (e.g., officer, director, 10% stockholder, or member of immediate family of any of the foregoing) Such person's address, including zip code 2. (a) (b)
- (c)

- 3. (a) (b) (c)
- Title of the class of securities to be sold
  Name and address of each broker through whom the securities are intended to be sold
  Number of shares or other units to be sold (if debt securities, give the aggregate face amount)
  Aggregate market value of the securities to be sold as of a specified date within 10 days prior to the filing of this notice
  Number of shares or other units of the class outstanding, or if debt securities the face amount thereof outstanding, as shown by the most recent report or
  statement published by the issuer
  Approximate date on which the securities are to be sold
  Name of each securities exchange, if any, on which the securities are intended to be sold
- (f)

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

SEC 1147 (08-07)

# TABLE I — SECURITIES TO BE SOLD

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:

	1		Name of Person from Whom Acquired	i		
Title of the Class	Date you Acquired	Nature of Acquisition Transaction	(If gift, also give date donor acquired)	Amount of Securities Acquired	Date of Payment	Nature of Payment
Common Stock	5/13/2016	Vesting of Restricted Stock Award	Two Harbors Investment Corp.	37,986.5	N/A	N/A
Common Stock	5/29/2016	Vesting of Restricted Stock Award	Two Harbors Investment Corp.	42,668.5	N/A	N/A
Common Stock	2/5/2017	Vesting of Restricted Stock Award	Two Harbors Investment Corp.	7,452.5	N/A	N/A
Common Stock	5/14/2017	Vesting of Restricted Stock Award	Two Harbors Investment Corp.	37,986.5	N/A	N/A
Common Stock	1/26/2018	Vesting of Restricted Stock Award	Two Harbors Investment Corp.	45,766	N/A	N/A
Common Stock	1/27/2018	Vesting of Restricted Stock Award	Two Harbors Investment Corp.	54,570	N/A	N/A
Common Stock	5/14/2018	Vesting of Restricted Stock Award	Two Harbors Investment Corp.	37,987	N/A	N/A
Common Stock	1/26/2019	Vesting of Restricted Stock Award	Two Harbors Investment Corp.	45,766	N/A	N/A
Common Stock	1/27/2019	Vesting of Restricted Stock Award	Two Harbors Investment Corp.	54,570	N/A	N/A
Common Stock	1/29/2019	Vesting of Restricted Stock Award	Two Harbors Investment Corp.	72,751	N/A	N/A
Common Stock	1/26/2020	Vesting of Restricted Stock Award	Two Harbors Investment Corp.	45,767	N/A	N/A
Common Stock	1/28/2020	Vesting of Restricted Stock Award	Two Harbors Investment Corp.	6,944	N/A	N/A
Common Stock	1/29/2020	Vesting of Restricted Stock Award	Two Harbors Investment Corp.	72,751	N/A	N/A
Common Stock	1/28/2021	Vesting of Restricted Stock Award	Two Harbors Investment Corp.	6,944	N/A	N/A
Common Stock	1/29/2021	Vesting of Restricted Stock Award	Two Harbors Investment Corp.	72,751	N/A	N/A

INSTRUCTIONS:

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 naid.

#### TABLE II — SECURITIES SOLD DURING THE PAST 3 MONTHS

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.

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
N/A				

REMARKS: All restricted stock awards referenced in Table I vested under the Issuer's Second Restated 2009 Equity Incentive Plan.

## **INSTRUCTIONS:**

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.

5/12/2021 DATE OF NOTICE

DATE OF PLAN ADOPTION OR GIVING OF INSTRUCTION, IF RELYING ON RULE 10B5-1

## 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.

/s/ Thomas Siering (SIGNATURE)

The notice shall be signed by the person for whose account the securities are to be sold. At least one copy of the notice shall be manually signed. Any copies not manually signed shall bear typed or printed signatures.

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

SEC 1147 (02-08)