



Foremost Lithium Resource & Technology Ltd.



United Kingdom Building
350 – 409 Granville St
Vancouver, BC V6C 1T2

Form of Proxy – Annual General & Special Meeting to be held on December 2, 2022

Appointment of Proxyholder

I/We being the undersigned holder(s) of **Foremost Lithium Resource & Technology Ltd.** hereby appoint Andrew Lyons a director of the Company or failing this person Dave Cross a consultant of the Company.

OR

Print the name of the person you are appointing if this person is someone other than the Management Nominees listed herein:

as my/our proxyholder with full power of substitution and to attend, act, and to vote for and on behalf of the holder in accordance with the following direction (or if no directions have been given, as the proxyholder sees fit) and all other matters that may properly come before the Annual General Meeting of Foremost Resource & Technology Ltd. (the “**Company**”) to be held on December 2, 2022 at 11:00 a.m. at the offices of Farris LLP at 2500-700 W. Georgia St., Vancouver, BC or at any adjournment thereof.

1. Number of Directors. To set the number of directors to be elected at the Meeting to at five (5).						For <input type="checkbox"/>	Against <input type="checkbox"/>
2. Election of Directors.	For	Withhold	For	Withhold		For	Withhold
a. Andrew Lyons	<input type="checkbox"/>	<input type="checkbox"/>	b. Jason Barnard	<input type="checkbox"/>	<input type="checkbox"/>	c. Christopher Lauchlin MacPherson	<input type="checkbox"/>
d. Johnathan Moore	<input type="checkbox"/>	<input type="checkbox"/>	e. Michael McLeod	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
3. Appointment of Auditors. To appoint Crowe MacKay LLP, Chartered Professional Accountants, as the Company’s auditor for the ensuing fiscal year and to authorize the directors to set the auditor’s remuneration						For <input type="checkbox"/>	Withhold <input type="checkbox"/>
4. Approval of Stock Option Plan. To consider and, if thought fit, to pass an ordinary resolution ratifying and approving the existing 10% rolling stock option plan of the Company.						For <input type="checkbox"/>	Against <input type="checkbox"/>
5. Approval of Fixed Performance Unit Plan. To consider and, if thought fit, to pass an ordinary resolution ratifying and approving the existing 10% fixed performance unit plan of the Company.						For <input type="checkbox"/>	Against <input type="checkbox"/>
6. Approval of Special Resolution Replacing Articles. To consider and, if thought fit, approve a special resolution approving and authorizing the adoption of updated articles of incorporation, as more particularly described in the accompanying Information Circular.						For <input type="checkbox"/>	Against <input type="checkbox"/>

Authorized Signature(s) – This section must be completed for your instructions to be executed.

Signature(s):

Date

I/we authorize you to act in accordance with my/our instructions set out above. I/We hereby revoke any proxy previously given with respect to the Meeting. If no voting instructions are indicated above, **this Proxy will be voted as recommended by Management.**

MM / DD / YY

Interim Financial Statements – Check the box to the right if you would like to receive interim financial statements and accompanying Management’s Discussion & Analysis by mail. See reverse for instructions to sign up for delivery by email.

Annual Financial Statements – Check the box to the right if you would like to receive the Annual Financial Statements and accompanying Management’s Discussion and Analysis by mail. See reverse for instructions to sign up for delivery by email.

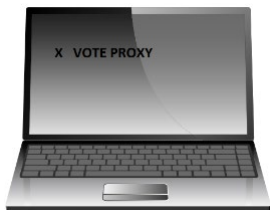
This form of proxy is solicited by and on behalf of Management.

Proxies must be received by 11:00am, on November 30, 2022, or, in the event of any adjournment, not less than 48 hours (excluding weekends and holidays) prior to the commencement of the adjourned meeting.

Notes to Proxy

1. Each holder has the right to appoint a person, who need not be a holder, to attend and represent him or her at the Annual General & Special Meeting. If you wish to appoint a person other than the persons whose names are printed herein, please insert the name of your chosen proxyholder in the space provided on the reverse.
2. If the securities are registered in the name of more than one holder (for example, joint ownership, trustees, executors, etc.) then all of the registered owners must sign this proxy in the space provided on the reverse. If you are voting on behalf of a corporation or another individual, you may be required to provide documentation evidencing your power to sign this proxy with signing capacity stated.
3. This proxy should be signed in the exact manner as the name appears on the proxy.
4. If this proxy is not dated, it will be deemed to bear the date on which it is mailed by Management to the holder.
5. The securities represented by this proxy will be voted as directed by the holder; however, if such a direction is not made in respect of any matter, this proxy will be voted as recommended by Management.
6. The securities represented by this proxy will be voted or withheld from voting, in accordance with the instructions of the holder, on any ballot that may be called for and, if the holder has specified a choice with respect to any matter to be acted on, the securities will be voted accordingly.
7. This proxy confers discretionary authority in respect of amendments to matters identified in the Notice of Meeting or other matters that may properly come before the meeting.
8. This proxy should be read in conjunction with the accompanying documentation provided by Management.

INSTEAD OF MAILING THIS PROXY, YOU MAY SUBMIT YOUR PROXY USING SECURE ONLINE VOTING AVAILABLE ANYTIME:



To Vote Your Proxy Online please visit:

<https://login.odysseytrust.com/pxlogin>

You will require the CONTROL NUMBER printed with your address to the right.

If you vote by Internet, do not mail this proxy.

To request the receipt of future documents via email and/or to sign up for Securityholder Online services, you may contact Odyssey Trust Company at www.odysseycontact.com.

Voting by mail may be the only method for securities held in the name of a corporation or securities being voted on behalf of another individual. A return envelope has been enclosed for voting by mail.