PRINCIPAL FINANCIAL GROUP INC Form 424B5 January 31, 2005 Pricing Supplement 01/28/05 Dated (To Prospectus dated March 5, 2004, and Prospectus Supplement dated March 5, 2004) Filed pursuant to Rule 424(b)(5)

Registration Statement Nos. 333-110499 and 333-110499-01

CUSIP: 74254PEE8

Principal Life Insurance Company Principal[®] Life CoreNotes[®] (Callable) Issued Through Principal Life Income Fundings Trust 2005-11 (the Trust)

The description of this pricing supplement of the particular terms of the Principal[®] Life CoreNotes[®] offered hereby, and the Funding Agreement (specified below) sold by Principal Life Insurance Company to the Trust (specified herein), the payment obligations of which are fully and unconditionally guaranteed by the Guarantee (specified below) issued by Principal Financial Group, Inc. to the Trust, supplements the description of the general terms and provisions of the notes, the funding agreements and the guarantees set forth in the accompanying prospectus and prospectus supplement, to which reference is hereby made.

1. The Notes

Principal Amount:	\$1,918,00	0.0	Purchasing Agent(s) Discount:	2.500%
Issue Price:	100.0%		Original Issue Date:	02/02/05
Net Proceeds to the Trust:	\$1,870,050.0		Stated Maturity Date:	02/18/25
Interest Payment Dates:	The 15th day	of every	sixth month commencing on 08/15/20	005.
Initial Interest Payment Date:	08/15/05			
Regular Record Date:	The 1st day of every sixth month commencing on 08/01/2005.			
Type of Interest Rate:	x Fixed Rate o Floating Rate			
Fixed Rate Notes:	x Yes	o No.	If, Yes,	
Interest Rate:	5.25%			
Floating Rate Notes:	o Yes	x No.	If, Yes,	
Regular Floating Rate Notes: Interest Rate: Interest Rate Basis(es):	o Yes	o No.	If, Yes,	

 Floating Rate/Fixed Rate Note:
 o Yes
 o No.
 If, Yes,

 Floating Interest Rate:
 Interest Rate Basis(es):
 Fixed Interest Rate:

 Fixed Interest Rate:
 Fixed Rate Commencement Date:
 V/A

 Initial Interest Rate, if any:
 N/A

 Initial Interest Reset Date:
 N/A

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Interest Rate Basis(es). Check all that	apply: N o CD Rate o Commercial Paper Rate o Treasury Rate o Other (See Attached)	/A o CMT Rat o LIBOR o Prime Ra	
If LIBOR:	o LIBOR Reuters Page LIBOR Currency:	o LIBOR N	Ioneyline Telerate Page
If CMT Rate: Designated CMT Telerate Page: If 7052: Designated CMT Maturity Index:	o Weekly Average	o Monthly	Average
Index Maturity:	N/A		
Spread (+/-):	N/A		
Spread Multiplier:	N/A		
Interest Reset Date(s):	N/A		
Interest Rate Determination Date(s):	N/A		
Maximum Interest Rate, if any:	N/A		
Minimum Interest Rate, if any:	N/A		
Calculation Agent:	Citibank, N.A.		
Computation of Interest: (not applicable unless different than as Day Count Convention: (not applicable unless different than as	N/A		
Discount Note: Total Amount of Discount: Initial Accrual Period of Discount: Additional/Other Terms:	o Yes	x No.	If, Yes,
Terms of Survivor s Option: Annual Put Limitation:			00 or 2%; or
Individual Put Limitation:		o \$ x \$250,000	; or
Trust Put Limitation:		o \$ x 2%; or \$_	
Redemption Provisions:	x Yes	o No.	If, Yes,

Initial Redemption Date: Redemption: Additional Other Terms:	02/15/09 x In whole only and not in part o May be in whole or in part Any redemption date will be an Interest Payment Date falling on or after the Initial Redemption Date		
Repayment:	o Yes	x No.	If, Yes,
Repayment Date(s):			
Repayment Price:			
Repayment:	o In whole only and not in part o May be in whole or in part		
Additional/Other Terms:	-	•	
Sinking Fund (not applicable unless specified):	N/A		
Securities Exchange Listing:	o Yes	x No.	If, Yes, Name of Exchange:
Authorized Denominations:	\$1,000		

Ratings:

The Notes issued under the Program are rated AA by Standard & Poor s (S&P). Principal Life expects the Notes to be rated Aa2 by Moody s Investors Service, Inc. (Moody s).

Purchasing Agent(s) Purchasing Notes as x Yes o No. If, Yes, Principal:

Purchasing Agent(s)		-	Principal Amount
Merrill Lynch			\$1,918,000.0
Total:			\$1,918,000.0
State of Organization of the Trust:	New York		
Additional/Other Terms:	None		
Special Tax Considerations:	None		
2. The Funding Agreement			
Funding Agreement Issuer:	Principal Life	Insurance Con	npany
Funding Agreement No.:	4-51540		
Deposit:	\$1,918,015.0		
Net Deposit:	\$1,870,050.0		
Effective Date:	02/02/05		
Stated Maturity Date:	02/18/25		
Interest Payment Dates:	The 15th day of commencing of the commencing of	-	nonth
Initial Interest Payment Date:	08/15/05		
Type of Interest Rate:	x Fixed Rate	o Floating R	ate
Fixed Rate Funding Agreement:	x Yes	o No.	If, Yes,
Interest Rate:	5.25%		
Floating Rate Funding Agreement:	o Yes	x No.	If, Yes,

Regular Floating Rate Fu Interest Rate: Interest Rate Basis(es):	inding Agreement:	o Yes	o No.	If, Yes,
Floating Rate/Fixed Rate Floating Interest Rate: Interest Rate Basis(es): Fixed Interest Rate: Fixed Rate Commencement		o Yes	o No.	If, Yes,
Initial Interest Rate, if an	y:	N/A		
Initial Interest Reset Date	2.	N/A		
Interest Rate Basis(es). C	Check all that apply: o CD Rate o Commercial Paper R o Treasury Rate o Other (See Attached)		o CMT Rate o LIBOR o Prime Rate	
If LIBOR:	o LIBOR Reuters Page LIBOR Currency:	2	o LIBOR Moneyline	Telerate Page
If CMT Rate: Designated CMT Telerat If 7052: Designated CMT Maturit	o Weekly Average		o Monthly Average	

Index Maturity:	N/A		
Spread (+/-):	N/A		
Spread Multiplier:	N/A		
Interest Reset Date(s):	N/A		
Interest Rate Determination Date(s):	N/A		
Maximum Interest Rate, if any:	N/A		
Minimum Interest Rate, if any:	N/A		
Computation of Interest: (not applicable unless different than as Day Count Convention: (not applicable unless different than as	Ñ/A		
Discount Funding Agreement: Total Amount of Discount: Initial Accrual Period of Discount: Additional/Other Terms:	o Yes	x No.	If, Yes,
Terms of Survivor s Option: Annual Put Limitation:		x \$2,000,00	
Terms of Survivor s Option:		o \$ x \$250,000;	or_% or
Terms of Survivor s Option: Annual Put Limitation:		o \$	or%
Terms of Survivor s Option: Annual Put Limitation: Individual Put Limitation:	x Yes 02/15/09 x In whole on part	o \$ x \$250,000; o \$ x 2%; or \$ o No. ly and not in	or_% or If, Yes,
Terms of Survivor s Option: Annual Put Limitation: Individual Put Limitation: Trust Put Limitation: Redemption: Initial Redemption Date:	02/15/09 x In whole on part o May be in w Any redemption	o \$ x \$250,000; o \$ x 2%; or \$ o No. ly and not in vhole or in part on date will be	or_% or If, Yes,
Terms of Survivor s Option: Annual Put Limitation: Individual Put Limitation: Trust Put Limitation: Redemption: Initial Redemption Date: Redemption: Additional Other Terms: Repayment: Repayment: Repayment Date(s):	02/15/09 x In whole on part o May be in w Any redemption	o \$ x \$250,000; o \$ x 2%; or \$ o No. ly and not in vhole or in part on date will be	or_% or If, Yes, an Interest Payment Date
Terms of Survivor s Option: Annual Put Limitation: Individual Put Limitation: Trust Put Limitation: Redemption: Initial Redemption Date: Redemption: Additional Other Terms: Repayment:	02/15/09 x In whole onl part o May be in w Any redemption falling on or a o Yes o In whole onl part	o \$ x \$250,000; o \$ x 2%; or \$ o No. ly and not in whole or in part on date will be fter the Initial x No.	or_% or If, Yes, an Interest Payment Date Redemption Date If, Yes,

N/A

Sinking Fund (not applicable unless specified):			
Ratings:	r the Program is rated AA by S&P		
The Funding Agreement issued under the Program is rated AA by S&P. Principal Life expects the Funding Agreement to be rated Aa2 by Moody s.			
Additional/Other Terms:	None		
Special Tax Considerations:	None		
3. The Guarantee			

Guarantee Issuer:	Principal Financial Group, Inc.
Effective Date:	02/02/05
Additional/Other Terms:	None