Principal Life Income Fundings Trust 2005-53 Form 424B5 June 06, 2005 Pricing Supplement 06/03/05 Dated (To Prospectus dated March 5, 2004, and Prospectus Supplement dated March 5, 2004) Filed pursuant to Rule 424(b)(5)

Registration Statement No. 333-110499 and 333-110499-01

CUSIP: 74254PGB2

Principal Life Insurance Company Principal[®] Life CoreNotes[®] (Callable) Issued Through Principal Life Income Fundings Trust 2005-53 (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:	\$4,055,00	0.0	Purchasing Agent Discount:	1.500%
Issue Price:	100.0%		Original Issue Date:	06/08/05
Net Proceeds to the Trust:	\$3,994,17	5.0	Stated Maturity Date:	06/15/15
Internet Deument Detect	The 15th day	of	sixth month commonsing on 12/15/2	0005
Interest Payment Dates:	The 15th day of every sixth month commencing on 12/15/2005.			
Initial Interest Payment Date:	12/15/05			
Regular Record Date:	The 1st day of every sixth month commencing on 12/01/2005.			
Type of Interest Rate:	x Fixed Rate o Floating Rate			
Fixed Rate Notes:	x Yes	o No.	If, Yes,	
Interest Rate:	5.00%			
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,	

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 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/A o CD Rate o Commercial Paper Rate o Treasury Rate o Other (See Attached)	A o CMT Rate o LIBOR o Prime Rate
If LIBOR:	o LIBOR Reuters Page LIBOR Currency:	o LIBOR Moneyline 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: Individual Put Limitation: Trust Put Limitation:		x \$2,000,000 or 2%; or o \$or_% x \$250,000; or o \$ x 2%; or \$

- 3 3			
Redemption Provisions: Initial Redemption Date: Redemption:	x Yes 06/15/06 x In whole only and not in part	o No. t	If, Yes,
Additional Other Terms:	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: Repayment Date(s):	o Yes	x No.	If, Yes,
Repayment Price:			
Repayment:	o In whole only and not in part o May be in whole or in part		
Additional/Other Terms:	I I I I		
Sinking Fund (not applicable unless specified):	N/A		
Securities Exchange Listing:	o Yes	x No.	If, Yes, Name of Exchange:
Authorized Denominations:	\$1,000		
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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			\$4,055,000.0
	Total			\$4,055,000.0
State of Organization	on of the Trust:	New York		
Additional/Other Te	erms:	None		
Special Tax Conside	erations:	None		
2. <u>The Funding Ag</u>	reement			
Funding Agreement	Issuer:	Principal Life	Insurance Compan	У
Funding Agreement	No.:	5-17647		
Deposit:		\$4,055,015.0		
Net Deposit:		\$3,994,175.0		
Effective Date:		06/08/05		
Stated Maturity Dat	e:	06/15/15		
Interest Payment Da	ates:	The 15th day c commencing o	of every sixth mont n 12/15/2005.	h
Initial Interest Paym	nent Date:	12/15/05		
Type of Interest Rat	e:	x Fixed Rate	o Floating Rate	
Fixed Rate Funding	Agreement:	x Yes	o No.	If, Yes,
Interest Rate:		5.00%		
Floating Rate Fundi	ng Agreement:	o Yes	x No.	If, Yes,

Regular Floating Rate Funding Agreement: Interest Rate:		o Yes	o No.	If, Yes,
Interest Rate Basis(es):				
Floating Rate/Fixed Rate Floating Interest Rate: Interest Rate Basis(es): Fixed Interest Rate: Fixed Rate Commencem		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	Theck all that apply: o CD Rate o Commercial Paper F o Treasury Rate o Other (See Attached		o CMT Rate o LIBOR o Prime Rate	
If LIBOR:	o LIBOR Reuters Page LIBOR Currency:	e	o LIBOR Moneyline T	elerate 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 Day Count Convention: (not applicable unless different than	N/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 \$2,000,000 or 2%; or o \$or_%		
Individual Put Limitation:	x \$250,000; or o \$		
Trust Put Limitation:	x 2%; or \$		
Redemption: Initial Redemption Date: Redemption: Additional Other Terms:	x Yes o No. If, Yes, 06/15/06 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: Repayment Date(s): Repayment Price:	o Yes	x No.	If, Yes,
Additional/Other Terms:	o In whole only and no o May be in whole or in	-	

Sinking Fund (not applicable unless specified):

Ratings:

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. <u>The Guarantee</u>	
Guarantee Issuer:	Principal Financial Group, Inc.
Effective Date:	06/08/05
Additional/Other Terms:	None

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