Pricing Supplement Dated 08/06/2004 (To Prospectus dated March 5, 2004, and Prospectus Supplement dated March 5, 2004)

CUSIP: 74254PBP6



Principal Life Insurance Company Principal[®] Life CoreNotes[®] (Callable) Issued Through Principal Life Income Fundings Trust 2004-32 (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:	\$1,997,000.0	Purchasing Agent Discount:		1.500%
Issue Price:	100.0%	Original Issue Date:		08/11/2004
Net Proceeds to the Trust:	\$1,967,045.0	Stated Maturity Date:		08/15/2014
Interest Payment Dates:	The 15th day of every sixth month commencing on 02/15/2005.			
Initial Interest Payment Date:	02/15/2005			
Regular Record Date:	The 1st day of every sixth month commencing on 02/01/2005.			
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: Floating Interest Rate: Interest Rate Basis(es): Fixed Interest Rate: Fixed Rate Commencement Date:	o Yes	o No.	If, Yes,	
Initial Interest Rate, if any:	N/A			
Initial Interest Reset Date:	N/A			

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"CoreNotes"" is a registered service mark of Merrill Lynch & Co.

Interest Rate Basis(es). Check all that apply:	N/A o CD Rate o Commercial Paper Rate o Treasury Rate o Other (See Attached)	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: Calculation Agent:	N/A Citibank, N.A.				
Computation of Interest: (not applicable unless different than as specified in the pr Day Count Convention: (not applicable unless different than as specified in the pr	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:		x \$2,000,000 or 2%; o	Dr		
Individual Put Limitation:		o \$or9 x \$250,000; or	%		
Trust Put Limitation:		o \$ x 2%; or \$			
Redemption Provisions: Initial Redemption Date: Redemption:	x Yes 08/15/2006 x In whole only and not in part o May be in whole or in part	o No.	If, Yes,		
Additional Other Terms:		Interest Payment Date	falling on or after the Initial Redemption		
Repayment: Repayment Date(s): Repayment Price:	o Yes	x No.	If, Yes,		
Repayment: Additional Other Terms:	o In whole only and not in part o May be in whole or in part				
	NI/A				
Sinking Fund (not applicable unless specified):	N/A	N			
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 Aa3 by Moody's Investors Service, Inc. ("Moody's").

Purchasing Agent(s) Purchasing Notes as Principal:	🗵 Yes	o No	If Yes,
Purchasing Agent(s)			Principal Amount
Merrill Lynch Total:			\$ <u>1,997,000.0</u> \$ <u>1,997,000.0</u>
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 Insurar	nce Company	
Funding Agreement No.:	8-01299		
Deposit:	\$1,997,015.0		
Net Deposit:	\$1,967,045.0		
Effective Date:	08/11/2004		
Stated Maturity Date:	08/15/2014		
Interest Payment Dates:	The 15th day of every	y sixth month	commencing on 02/15/2005.
Initial Interest Payment Date:	02/15/2005		
Type of Interest Rate:	x Fixed Rate	o Floating F	Rate
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 Funding Agreement: Interest Rate: Interest Rate Basis(es):	o Yes	o No.	If, Yes,
Floating Rate/Fixed Rate Funding Agreement: Floating Interest Rate: Interest Rate Basis(es): Fixed Interest Rate: Fixed Rate Commencement Date:	o Yes	o No.	If, Yes,
Initial Interest Rate, if any:	N/A		
Initial Interest Reset Date:	N/A		
Interest Rate Basis(es). Check all that apply:	o CD Rate o Commercial Paper Rate o Treasury Rate o Other (See Attached)		N/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		
Computation of Interest: (not applicable unless different than as specified in the prospec Day Count Convention: (not applicable unless different than as specified in the prospec	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:		¢0.000.000.00/	
Annual Put Limitation:		x \$2,000,000 or 2%; or o \$%	
Individual Put Limitation:		x \$250,000; or o \$	
Trust Put Limitation:		x 2%; or \$	
Redemption:	x Yes	o No.	If, Yes,
Initial Redemption Date: Redemption:	08/15/2006 x In whole only and not		
Additional Other Terms:	o May be in whole or in Any redemption date w Redemption Date		t Date falling on or after the Initial
Repayment:	o Yes	x No.	If, Yes,
Repayment Date(s): Repayment Price:			
Repayment:	o In whole only and not o May be in whole or in		
Additional/Other Terms:	o way be in whole of in	i part	
Sinking Fund (not applicable unless specified):	N/A		
Ratings:			
The Funding Agreement issued under the Program is rated A Principal Life expects the Funding Agreement to be rated A			
Additional/Other Terms:	None		
Special Tax Considerations:	None		
3. The Guarantee			
Guarantee Issuer:	Principal Financial Grou	up, Inc.	
Effective Date:	08/11/2004		
Additional/Other Terms:	None		
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