144: Issuer Information

Name of Issuer: PRINCIPAL FINL GROUP INC
SEC File Number: 001-16725
Address of Issuer: 711 High Street
Des Moines
IOWA 50392
Phone: 5152475111
Name of Person for Whose Account the Securities are To Be Sold: Patrick Halter

Relationship to Issuer: 1. Officer

144: Securities Information

<table>
<thead>
<tr>
<th>Record</th>
<th>Title of the Class of Securities To Be Sold</th>
<th>Name and Address of the Broker</th>
<th>Number of Shares or Other Units To Be Sold</th>
<th>Aggregate Market Value</th>
<th>Number of Shares or Other Units Outstanding</th>
<th>Approximate Date of Sale</th>
<th>Name the Securities Exchange</th>
</tr>
</thead>
<tbody>
<tr>
<td>#1</td>
<td>COMMON</td>
<td>Morgan Stanley Smith Barney LLC Executive Financial Services 1 New York Plaza 38th Fl. New York NEW YORK 10004</td>
<td>1,159</td>
<td>$83,598.67</td>
<td>243,104,123</td>
<td>03/14/2023</td>
<td>NASDAQ</td>
</tr>
</tbody>
</table>

144: 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:

<table>
<thead>
<tr>
<th>Record</th>
<th>Title of the Class</th>
<th>Date you Acquired</th>
<th>Nature of Acquisition Transaction</th>
<th>Name of Person from Whom Acquired</th>
<th>Is this a Gift?</th>
<th>Date Donor Acquired</th>
<th>Amount of Securities Acquired</th>
<th>Date of Payment</th>
<th>Nature of Payment</th>
</tr>
</thead>
<tbody>
<tr>
<td>#1</td>
<td>Common</td>
<td>03/14/2023</td>
<td>Exercise of Stock Options</td>
<td>Issuer</td>
<td>☐</td>
<td>—</td>
<td>1,159</td>
<td>03/14/2023</td>
<td>Cash</td>
</tr>
</tbody>
</table>
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 paid.

144: Securities Sold During The Past 3 Months

| Nothing to Report | ☒ |

144: Remarks and Signature

Remarks

Date of Notice | 03/14/2023

Date of Plan Adoption or Giving of Instruction, If Relying on Rule 10b5-1 | 1.02/10/2023

**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.

Signature | /S/ Patrick Halter

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