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TORCHMARK CORP  
Form 13F-HR  
August 12, 2009

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, DC 20549

FORM 13F COVER PAGE

Report for the Calendar Year or Quarter Ended: June 30, 2009  
Check here if Amendment  Amendment Number: \_\_\_\_\_

This Amendment (Check only one):  
 is a restatement.  
 adds new holdings entries.

Institutional Investment Manager Filing this Report:

Name: Torchmark Corporation  
Address: 3700 South Stonebridge Drive  
McKinney, Texas 75070

Form 13F File Number: 28-1112

The institutional investment manager filing this report and the person by whom it is signed hereby represent that the person signing the report is authorized to submit it, that all information contained herein is true, correct and complete, and that it is understood that all required items, statements, schedules, lists and tables are considered integral parts of this form.

Person Signing this Report on Behalf of Reporting Manager:

Reporting Manager:

Name: Carol A. McCoy  
Title: Vice President, Associate Counsel & Secretary  
Phone: 205-325-4243

Signature, Place and Date of Signing:

/s/ Carol A. McCoy

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(Signature)  
Birmingham, AL  
August 12, 2009

Report Type (Check only one):

- 13F HOLDINGS REPORT. (Check here if all holdings of this reporting manager are reported in this report.)
- 13F NOTICE. (Check here if no holdings reporting are in this report and all holdings are reported by other reporting manager(s).)
- 13F COMBINATION REPORT. (Check here if a portion of the holdings for this reporting manager are reported in this report and a portion are reporting by other reporting manager(s).)

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Form 13F Summary Page

Report Summary:

Number of Other Included Managers: 0

Form 13F Information Table Entry Total: 20

Form 13F Information Table Value Total:

\$195,088 (thousands)

List of Other Included Managers: None

Provide a numbered list of the name(s) and Form 13F file number(s) of all institutional investment managers with respect to which this report is filed, other than the manager filing this report. [If there are no entries in this list, state "NONE" and omit the column headings and list entries.]

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FORM 13F INFORMATION TABLE

Column 1	Column 2	Column 3	Column 4	Column 5	Column 6	Column 7	
Name of Issuer	Title of Class	CUSIP	Value (x \$1000)	Shrs or prn amt SH/PRN	Put/Call	Investment Discretion	Other Managers
1 AFLAC Inc.	Common	001055102	1021	30000 SH		Sole	
2 Allstate Corp	Common	020002101	4816	251500 SH		Sole	
3 Altria Group Inc	Common	02209S103	29627	1257500 SH		Sole	
4 American Express Co	Common	025816109	11789	625000 SH		Sole	
5 Arcelormittal SA Luxembourg New York	Common	0398L104	2680	109000 SH		Sole	
6 Archer Daniels Midland Co	Common	39483102	312	12000 SH		Sole	
7 Bank of	Common	060505104	6113	678500 SH		Sole	

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America Corp							
8	Encana Corp	Common	292505104	16571	364000	SH	Sole
9	General Electric Co	Common	369604103	731	60000	SH	Sole
10	General Mills Inc	Common	370334104	7949	150000	SH	Sole
11	Johnson & Johnson	Common	478160104	4043	75000	SH	Sole
12	Kellogg Co	Common	487836108	1586	39000	SH	Sole
13	Kraft Foods Inc.	Common	50075N104	11293	465000	SH	Sole
14	Methanex Corp	Common	59151K108	3879	410000	SH	Sole
15	Parker Hannifin Corp	Common	701094104	9974	252500	SH	Sole
16	Seaboard Corp	Common	811543107	11373	11165	SH	Sole
17	Torchmark Corp	Common	891027104	43638	1401000	SH	Sole
18	US Bancorp	Common	902973304	23714	1298000	SH	Sole
19	Cummins Inc	Common	231021106	1925	72000	SH	Sole
20	IBM Corp	Common	459200101	2054	20000	SH	Sole