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TORCHMARK CORP  
Form 13F-HR  
November 06, 2009

UNITED STATES  
SECURITIES AND EXCHANGE COMMISSION  
Washington D.C. 20549

FORM 13F COVER PAGE

Report for the Calendar Year or Quarter Ended: September 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  
Telephone: 205-325-4243

Signature, Place, and Date of Signing:

/s/ Carol A. McCoy

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(Signature)  
Birmingham, AL  
November 6, 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: 23

Form 13F Information Table Value Total: \$52,315 (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.]

## 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	Investment Discretion
1	AFLAC Inc.	Common	001055102	1795	42000	Sole
2	Altria Group Inc	Common	02209S103	445	25000	Sole
3	American Express Co	Common	025816109	4238	125000	Sole
4	Archer Daniels Midland Co	Common	39483102	351	12000	Sole
5	Argo Group International Holdings Ltd.	Common	G0464B107	356	10561	Sole
6	Bank of America Corp	Common	060505104	2296	135700	Sole
7	Computer Sciences Corp	Common	205363104	1160	22000	Sole
8	Emerson Elec Co	Common	291011104	561	14000	Sole
9	Encana Corp	Common	292505104	3330	57800	Sole
10	Exelon Corp	Common	30161N101	1786	36000	Sole
11	General Electric Co	Common	369604103	525	32000	Sole
12	General Mills Inc	Common	370334104	1931	30000	Sole
13	Goodrich Corp	Common	382388106	652	12000	Sole
14	IBM Corp	Common	459200101	4186	35000	Sole
15	ITT Industries Inc	Common	450911102	1512	29000	Sole
16	Johnson & Johnson	Common	478160104	913	15000	Sole
17	Joy Global Inc	Common	481165108	2104	43000	Sole
18	Kellogg Co	Common	487836108	1132	23000	Sole
19	Kraft Foods Inc.	Common	50075N104	2443	93000	Sole

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20	NRG Energy Inc	Common	629377508	1071	38000	SH	Sole
21	SPDR SER TR KBW BK ETF	Common	78464A797	677	29000	SH	Sole
22	Torchmark Corp	Common	891027104	13941	321000	SH	Sole
23	US Bancorp	Common	902973304	4910	224600	SH	Sole