FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

	OMB APPROVAL						
	OMB Number:	3235-0287					
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hours per response:

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

					1									_					
Name and Address of Reporting Person* Toolsey, Polyant Toolsey, Polyant Toolsey, Polyant						2. Issuer Name and Ticker or Trading Symbol ALLSTATE CORP [ALL]							5. Relationship of Reporting Person(s) to Issuer (Check all applicable)						
<u>Toohey Robert</u>														Directo	or		10% Ov	vner	
(Last)	/Ei	iret)	(Middle)			3. Date of Earliest Transaction (Month/Day/Year)				_ x	Officer below)	(give title		Other (s	specify				
					04/	04/05/2023							EVP, Chief HR Officer - AIC						
C/O THI	E ALLSTAI	ΓE CORPORAT	ION		\vdash														
3100 SANDERS ROAD					4. If	4. If Amendment, Date of Original Filed (Month/Day/Year)					Line)	Individual or Joint/Group Filing (Check Applicable Line)							
(Ct== =t)					1									X	Form	filed by One	e Repo	orting Perso	n
(Street)	DDOOK II		coo.co													filed by Moi	re than	One Repo	rting
NORTH	BROOK II	,	60062												Perso	n			
(City)	(Si	tate) ((Zip)		Ru	ıle 1	10b	5-1(c) Tran	sac	tion Inc	dicatio	n						
						Chaal	ا منطعا		dianta that	- 4									
											ons of Rule					on or written	i pian th	nat is intende	ed to
		Tab	le I - No	n-Deriv	ative	Sec	urit	ies Ac	quired	l, Dis	posed o	of, or B	en	eficially	/ Owned	t			
1. Title of Security (Instr. 3) 2. Transact Date (Month/Day)					Execution Date,		Code	Transaction Disposed Of (D) (Instr. 3, 4				Securities Beneficially Owned Followi		6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		Ownership			
								Code	v	Amount	(A) (D)	or	Price	Reporte Transac (Instr. 3	tion(s)			(Instr. 4)	
Common Stock 04/05/2					/2023	2023		М		2,429	A		\$0 ⁽¹⁾	2,	429		D		
Common Stock 04/05/2				/2023				F		712	D		\$114.88	3 1,	717		D		
		Т	able II -								osed of				Owned				
				(e.g., p	outs,	calls	, wa	rrants	s, optic	ons,	converti	bie se	cur	ities)					
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	onversion r Exercise (Month/Day/Year) Executio if any (Month/D		n Date,	Date, Transaction Code (Instr.		on of E		Expiration	6. Date Exercisable and Expiration Date (Month/Day/Year) (Month/Day/Year) 7. Title and Amount of Securities Underlying Derivative (Instr. 3 and		of es ing ve S	security	8. Price of Derivative Security (Instr. 5)	ative derivative ity Securities	Ownersh Form: Direct (D or Indirec (I) (Instr.	Ownership	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
					Code	v	(A)	(D)	Date Exercisa		Expiration Date	Title	1	Amount or Number of Shares					
Restricted Stock	(1)	04/05/2023			М			2.429	(1)		04/05/2025	Commo	n	2.429	\$0	4 858		D	

Explanation of Responses:

Units

1. Conversion of previously awarded restricted stock units into an equal number of common shares, without the payment of any consideration, pursuant to The Allstate Corporation 2019 Equity Incentive Plan. The remaining restricted stock units will convert 33.3% on April 5, 2024, and 33.3% April 5, 2025.

/s/ Jillian K. Ludwig, attorney-04/07/2023 in-fact for Robert Toohey

** Signature of Reporting Person Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

- * If the form is filed by more than one reporting person, see Instruction 4 (b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.

POWER OF ATTORNEY

KNOW BY ALL THESE PRESENTS, that the undersigned hereby constitutes and appoints each of Meghan E. Jauhar, Kevin T. Kolasinski, Jillian K. Ludwig and Elliot A. Stultz, signing singly, the undersigned's true and lawful attorney-in-fact to:

- (1) prepare, execute in the undersigned's name and on the undersigned's behalf, and submit to the U.S. Securities and Exchange Commission (the "SEC") a Form ID, including amendments thereto, and any other documents necessary or appropriate to obtain codes and passwords enabling the undersigned to make electronic filings with the SEC of reports required by Section 16(a) of the Securities Exchange Act of 1934 or any rule or regulation of the SEC;
- (2) execute for and on behalf of the undersigned, in the undersigned's capacity as an officer and/or director of The Allstate Corporation (the "Company"), Forms 3, 4, and 5 in accordance with Section 16(a) of the Securities Exchange Act of 1934 and the rules thereunder; and any other forms or reports the undersigned may be required to file in connection with the undersigned's ownership, acquisition, or disposition of securities of the Company;
- (3) do and perform any and all acts for and on behalf of the undersigned which may be necessary or desirable to complete and execute any such Form 3, 4, or 5, or other form or report, and timely file such form or report with the SEC and any stock exchange or similar authority; and
- (4) take any other action of any type whatsoever in connection with the foregoing which, in the opinion of such attorney-in-fact, may be of benefit to, in the best interest of, or legally required by, the undersigned, it being understood that the documents executed by such attorney-in-fact on behalf of the undersigned pursuant to this Power of Attorney shall be in such form and shall contain such terms and conditions as such attorney-in-fact may approve in such attorney-in-fact's discretion.

The undersigned hereby grants to each such attorney-in-fact full power and authority to do and perform any and every act and thing whatsoever requisite, necessary, or proper to be done in the exercise of any of the rights and powers herein granted, as fully to all intents and purposes as the undersigned might or could do if personally present, with full power of substitution or revocation, hereby ratifying and confirming all that such attorney-in-fact, or such attorney-in-fact's substitute or substitutes, shall lawfully do or cause to be done by virtue of this power of attorney and the rights and powers herein granted. The undersigned acknowledges that the foregoing attorneys-in-fact, in serving in such capacity at the request of the undersigned, are not assuming, nor is the Company assuming, any of the undersigned's responsibilities to comply with Section 16 of the Securities Exchange Act of 1934.

This Power of Attorney shall remain in full force and effect until the undersigned is no longer required to file Forms 3, 4, and 5 with respect to the undersigned's holdings of and transactions in securities issued by the Company, unless earlier revoked by the undersigned in a signed writing delivered to the foregoing attorneys-in-fact.

IN WITNESS WHEREOF, the undersigned has caused this Power of Attorney to be executed as of this 13th day of February 2023.

_/s/	Robert	Toohey	
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