FORM 4

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington,	D.C. 20549
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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL									
OMB Number:	3235-0287								
Estimated average burden									
hours ner resnonse	. 05								

		Filed	pursua or Se	nt to Section 3	Section 2 30(h) of	16(a) the Ir	of the S nvestme	Securitent Co	ies Exchang mpany Act o	e Act of f 1940	1934			po: 10		0.5	
Name and Address of Reporting Person* TRAQUINA PERRY M				2. Issuer Name and Ticker or Trading Symbol ALLSTATE CORP [ALL]						(Check all applicable) X Director		10% Owner					
(Last) (First) (Middle) 2775 SANDERS ROAD				3. Date of Earliest Transaction (Month/Day/Year) 10/01/2022							Officer (give titl below)			Other (specify below)			
L 6	60062		4. If Amendment, Date of Original Filed (Month/Day/Year)					ne) X Form Form	idual or Joint/Group Filing (Check Applicat Form filed by One Reporting Person Form filed by More than One Reporting Person								
Table	I - Non-	-Derivat	tive S	Secui	rities	Acq	uired	, Dis	posed of	, or Be	nefici	ally Own	ed				
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							Code	v	Amount	(A) or (D)	Price	Transa	Owned Following (I) (Ir Reported Transaction(s) (Instr. 3 and 4)			(1115411 4)	
Common Stock 10/01/2)22				A		311(1)	A	\$124	.53 2,08	39.776 ⁽²⁾		D		
Tal													d				
First) (M ROAD ATE CORPORATIO IL 60 State) (Zi Table I nstr. 3) Tab	rivative Conversion Date Executive or Exercise (Month/Day/Year) if any		n Date,	4. Transaction Code (Instr. 8)		of Deriva Securi Acquii (A) or Dispos of (D)	ative ities red sed 3, 4	Expirat	tion Da	ate	Amour		8. Price of Derivative Security (Instr. 5)	derivative Securities Beneficiall Owned Following Reported	y	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)
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Explanation of Responses:

- 1. Stock acquired pursuant to election to receive stock in lieu of cash compensation under The Allstate Corporation 2017 Equity Compensation Plan for Non-Employee Directors.
- 2. Balance also reflects 11.724 shares acquired during the period of July 7, 2022 through October 4, 2022, through the Shareholder Service Plus Plan, which reinvests dividends paid on The Allstate

(D)

Date Exercisable

/s/ Daniel G. Gordon, attorney-in-fact for Mr.

of Shares

10/04/2022

Traquina

Title

Expiration Date

** 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 Barbara Green, Daniel G. Gordon, Katherine Smith, Efie Vainikos, 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 attorneyin-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 23rd day of June, 2016.

_/s/ Perry M. Traquina_____

__Perry M. Traquina____
Print Name