CITIZENS II Form 5 February 08,	2005								OMB A	PPROVAL		
FORM	-								OMP			
		STATES SE	SECURITIES AND EXCHANGE CO				OMMISSION	Number:	3235-0362			
Check this no longer s		Washington, D.C. 20549						Expires:	January 31, 2005			
to Section Form 4 or 5 obligatio may contir <i>See</i> Instruc 1(b). Form 3 Ho	OW suant to Sect	<b>FATEMENT OF CHANGES IN BENEFICIAL</b> <b>OWNERSHIP OF SECURITIES</b> Estimated average burden hours per responseSection 16(a) of the Securities Exchange Act of 1934, Public Utility Holding Company Act of 1935 or SectionEstimated average burden hours per response							average Irs per			
Reported Form 4 Transactio Reported				vestment Co					11			
	1. Name and Address of Reporting Person <u>*</u> Teaff Grant Garland			2. Issuer Name and Ticker or Trading Symbol CITIZENS INC [CIA]				5. Relationship of Reporting Person(s) to Issuer				
(Last)	(First) (M	(Mo 12/	<ol> <li>Statement for Issuer's Fiscal Year Ended (Month/Day/Year)</li> <li>12/31/2004</li> </ol>				-	(Check all applicable) <u>X</u> Director Officer (give title 10% Owner below) Other (specify below)				
	(Street) 4. ]				4. If Amendment, Date Original				6. Individual or Joint/Group Reporting			
					Filed(Month/Day/Year)							
								(check	k applicable line	)		
AUSTIN,Â	TXÂ 78752						_	X_ Form Filed by Form Filed by M Person	1 0			
(City)	(State)	(Zip)	Tabl	e I - Non-Deri	ivative Sec	uritie	es Acqui	red, Disposed of	f, or Beneficial	lly Owned		
1.Title of Security (Instr. 3)	Security(Month/Day/Year)Execution Date, ifTr(Instr. 3)anyC			3. Transaction Code (Instr. 8)	4. Securities Acquire (A) or Disposed of (D) (Instr. 3, 4 and 5) (A)			5. Amount of Securities Beneficially Owned at end of Issuer's Fiscal Year (Instr. 3 and	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)			
					Amount	or (D)	Price	4)				
Citizens, Inc. Class A Common Stock ( <u>1)</u>	07/12/2004	Â		L	55	A	\$ 7.53	55	D	Â		
Citizens, Inc. Class A Common Stock <u>(1)</u>	08/04/2004	Â		L	141	A	\$ 5.89	196	D	Â		
Citizens, Inc. Class	09/02/2004	Â		L	139	А	\$ 5.98	335	D	Â		

A Common Stock (1)								
Citizens, Inc. Class A Common Stock (1)	10/05/2004	Â	L	134	A	\$ 6.2 469	D	Â
Citizens, Inc. Class A Common Stock (1)	11/03/2004	Â	L	152	A	\$ 621	D	Â
Citizens, Inc. Class A Common Stock (1)	12/08/2004	Â	L	139	A	\$ 760 6.13	D	Â
Citizens, Inc. Class A Common Stock (2)	12/31/2004	Â	J	44	А	\$ 804 6.37	D	Â

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

Persons who respond to the collection of information SEC 2270 contained in this form are not required to respond unless the form displays a currently valid OMB control number.

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	Secur	int of rlying	8. Price of Derivative Security (Instr. 5)	9. of D S E E Is Fi (I
				(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

## **Reporting Owners**

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
Teaff Grant Garland 400 EAST ANDERSON LANE	X	Â	Â	Â			

(9-02)

AUSTIN, TXÂ 78752

## Signatures

/s/Grant G. Teaff

02/07/2005

<u>\*\*</u>Signature of Reporting Person Date

## **Explanation of Responses:**

- \* 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).
- (1) These shares were purchased through the Employee Stock Purchase Plan as part of regular monthly payroll deduction.
- (2) Stock Dividend paid 12/31/2004

Note: File three copies of this Form, one of which must be manually signed. If space provided is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.