



n8n Backup Setup Checklist

Six nodes, about twenty minutes, and your workflows stop living in one place.

HAVE THESE READY BEFORE YOU OPEN N8N

An n8n API key

Settings, then n8n API. The n8n node uses it to read every workflow on your own instance.

A storage credential

Google Drive, Dropbox, S3, whatever you already use. Connect it in n8n first.

A destination folder

Make it now and keep it separate from anything else, so cleanup later is safe.

BUILD IT, IN ORDER

- ☐ **1. Schedule Trigger** set to fire once a day. Pick a time when nothing else of yours is running.
- ☐ **2. n8n node** set to Get many workflows. This is the node that talks to your own instance's API.
- ☐ **3. Code node** to clean up the workflow object. Rename fields, strip unused metadata, add a timestamp.
- ☐ **4. Convert to File** to turn each cleaned workflow into JSON. One file per workflow.
- ☐ **5. Upload node** pointed at your storage folder. Timestamp the filename so versions sort themselves.
- ☐ **6. Optional log node** writing one row per backup. Gives you a searchable history instead of a folder you scroll.
- ☐ **7. Run it once by hand** before you trust the schedule. Open the folder and confirm real files landed.

TWO DECISIONS TO MAKE NOW, NOT LATER

How often

Daily if you edit workflows most weeks. Weekly if they sit stable. Daily costs storage, not money, at normal sizes.

What to keep

Keeping every copy means thousands of near-identical files within a year. Hash and skip, or a rolling 30 day window, fixes it before it starts.

WHAT THIS DOES NOT COVER

Credentials

The API returns workflow definitions, never the credentials inside them. Export those by hand on a schedule you trust.

Execution history

That lives in the n8n database. You need a VPS-level backup or a separate database dump for it.

Silent failures

Add an error workflow that emails you. Otherwise you find out when a row is missing from your log.

Store the backups anywhere except the same server n8n runs on. Full walkthrough at jen8n.com/n8n-workflow-backup

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LET AI HANDLE THE BUSYWORK