



n8n Backup Setup Checklist

Ten nodes, about thirty 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 for backups only, so nothing else lands in the list.

BUILD IT, IN ORDER

- ☐ **1. Schedule Trigger** firing once a day. Mine runs at 2:30am, cron 30 2 * * *.
- ☐ **2. Google Drive** search of your backup folder. The list every filename gets checked against.
- ☐ **3. n8n node** set to Get many workflows. Talks to your own instance's API, no extra service.
- ☐ **4. Code node** building the file and a stable filename. Workflow name plus its n8n ID, no date in it.
- ☐ **5. Convert to File** turning each workflow into real JSON. One file per workflow.
- ☐ **6. Code node** matching each filename against step 2. Attaches the Drive file ID when it already exists.
- ☐ **7. IF node** checking whether that file ID is empty. The fork: update the file, or create it.
- ☐ **8. Drive update** on the true branch. Turn on keep revision forever so old copies stay.
- ☐ **9. Drive upload** on the false branch. New workflow, so the file gets created.
- ☐ **10. Optional log node**, one row per workflow. Upsert on the workflow ID for a searchable index.

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

A new file every run means thousands of near-identical copies within a year. One stable filename updated in place keeps the folder at one file per workflow, and your storage provider's version history holds the rest.

WHAT THIS DOESN'T 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

Set an Error Workflow in the workflow's settings so a failed run emails you instead of sitting in the log.

Run it once by hand before you trust the schedule, and store the backups anywhere except the same server n8n runs on. Full walkthrough at jen8n.com/n8n-workflow-backup

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