

# Instructions on how to back up your n8n Workflow

A guide on how to securely back up your n8n workflow via JSON and automate backups to GitHub and Google Drive (latest 2026).

In the process of building an automation system with n8n, workflows are the most valuable asset of a business. A server failure, configuration error, or accidental deletion can cost you hours, even weeks, of setup effort.

Therefore, establishing a regular backup strategy is not only a good habit but also a necessity. This article will guide you from the simplest manual methods to advanced automation techniques.

## Why is backing up n8n important?

Although n8n is an extremely stable platform, risks are always present:

1. **Update error:** When upgrading n8n to a new version, sometimes older nodes may conflict.
2. **Human error:** Accidentally modifying logic and ruining an otherwise smooth-running system.
3. **Infrastructure issues:** If you install n8n yourself (self-hosted) on Docker or a VPS, hard drive failure or service provider issues may cause data loss.

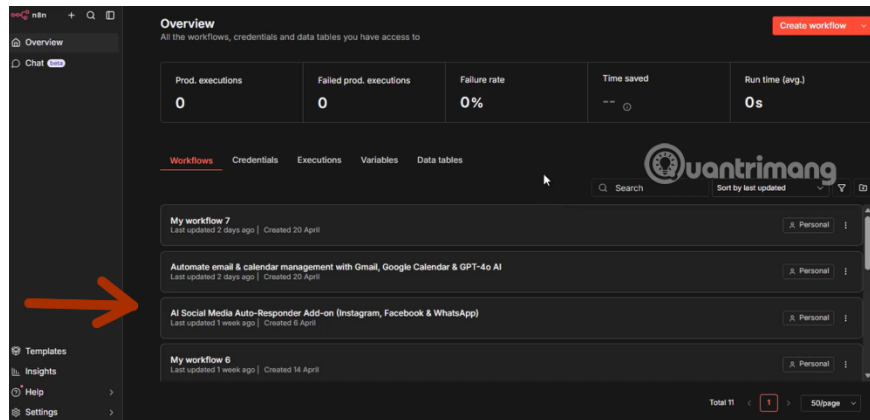
Having a backup in **JSON** format will allow you to restore your workflow to its perfect state in just seconds.

## Guide to manually backing up your n8n workflow (fastest method)

This is the most basic and easiest method, suitable when you've just completed an important project and want to save it immediately.

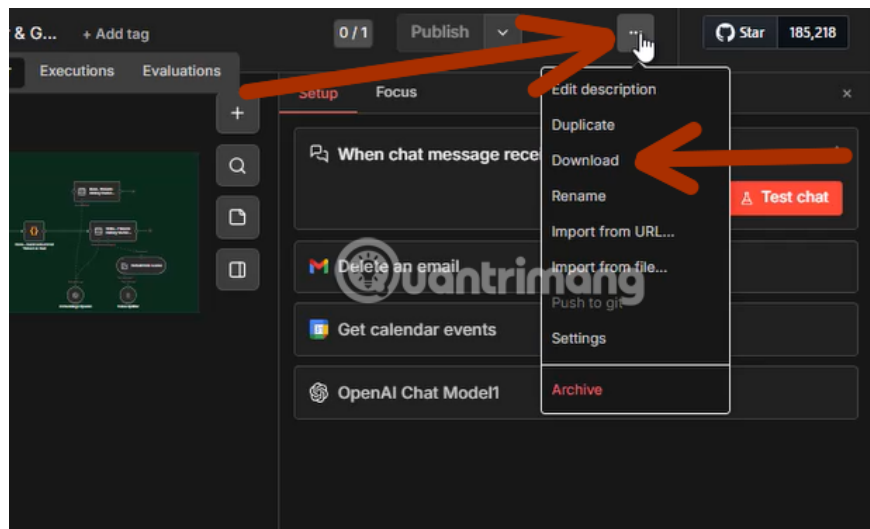
### Step 1: Access the target workflow.

From the n8n dashboard, find and open the workflow you want to back up. Make sure you save the latest changes before exporting the file.



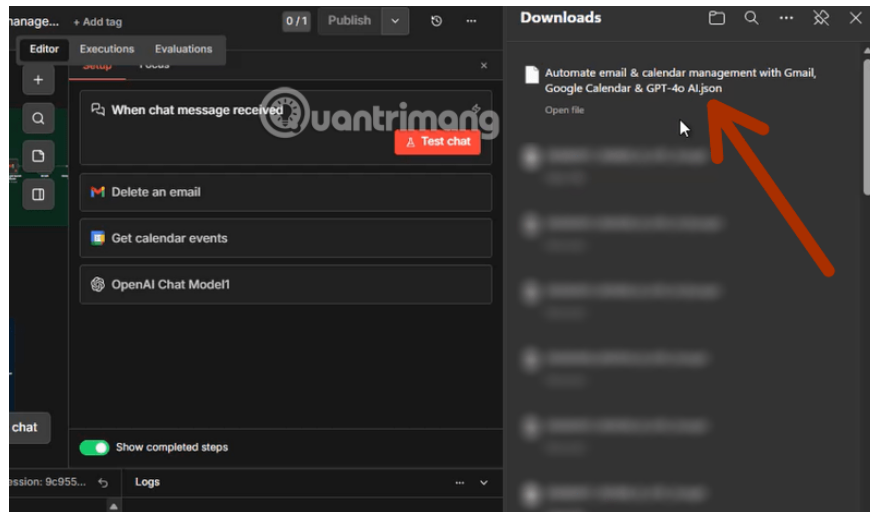
## Step 2: Perform the download

In the workflow design interface, look at the top right corner of the screen. Click the **"More Options"** button (the three-dot icon). This is where you'll find the administrative commands for each individual workflow. In the dropdown list, find and select **"Download"**.



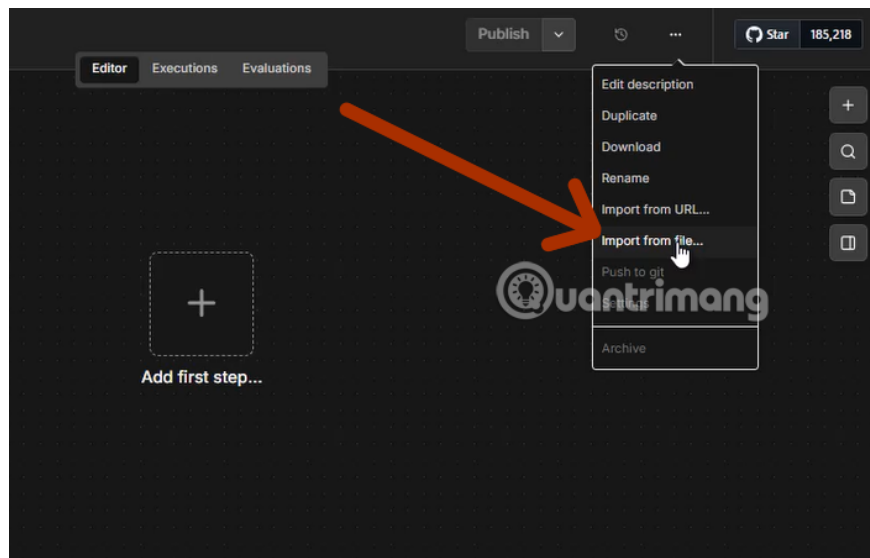
## Step 3: Secure storage

1. The JSON file will be downloaded to your personal computer. You should name the file using the following structure: Ten-Workflow\_Ngay-Thang-Nam.json and store it in cloud services such as Google Drive, OneDrive, or on an external hard drive for absolute security.

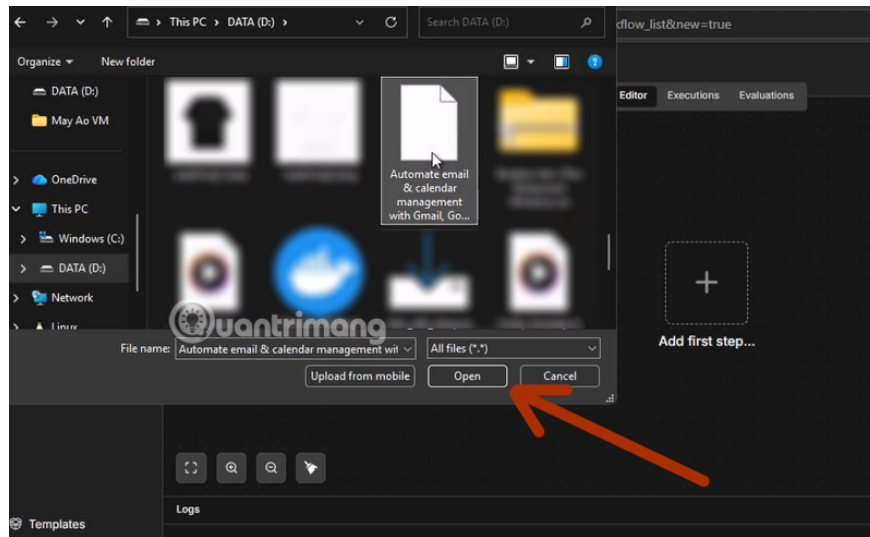


#### Step 4: Open the previously saved Workflow file.

Also in the Download menu, select Import from file.



Next, select the previously saved Workflow file and choose Open.



## How to perform bulk backup (Bulk Export) in n8n 2026

If you have hundreds of workflows, downloading each one individually would be very time-consuming. In the latest version of n8n (2026), you can perform bulk backups:

1. Access the **Workflows** section in the main menu bar.
2. Use the **Multi-select** feature by checking the box next to the workflow names.
3. Click the **Export** button in the toolbar at the bottom of the screen. n8n will compress everything into a single file `.zip` or a combined JSON file containing all the data from the selected processes.

## Automate the backup process to GitHub or Google Drive.

As an automation expert, you shouldn't always do things manually. You can absolutely use n8n itself to back up n8n.

1. **Using Node "n8n":** You can create a workflow that runs weekly (Cron node). This workflow uses node **n8n** to call an internal API, retrieving a list of all existing workflows.
2. **Push to Cloud:** After obtaining the JSON data, you can use a **GitHub** node to commit the code to a private repository, or use a **Google Drive** node to upload the file to a backup folder.

This method ensures you always have the latest backup version without having to remember to manually download the file every day.

## Essential tips for backing up data on n8n

1. **Credentials:** A crucial point to note is that when you export a JSON file, sensitive information such as API keys, passwords, or tokens are **NOT** included. You must back up your credentials separately or remember to reconfigure them when restoring on a new server.
2. **Node Version:** When restoring an old backup from 1-2 years ago to n8n version 2026, some nodes may display an "Outdated" warning. Simply click on that node and select "Update" so that n8n's AI automatically adjusts to the new structure.

3. **Regular testing:** Try importing your backup into a test environment periodically to ensure the JSON file is free of errors and the logic is still working as expected.

## Conclude

Backing up isn't a fun task, but it's a safety net for all your endeavors. With the powerful tools n8n offers in 2026, protecting your data has become easier than ever. Take 5 minutes today to export JSON files for your most important projects!

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