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LEARN n8n, ONE STEP AT A TIME

Your First 5 n8n Workflows

> In this guide, you'll build five small workflows that do real jobs for you, like saving form answers and sending reminder emails. You don't need any coding, just an n8n Cloud account. Take them one at a time, in order, because each one builds on the last.

Workflow 1: Add form answers to Google Sheets

What it does When someone fills in your form, their answers go straight into a Google Sheet.

You'll need

- An n8n Cloud account
- A Google account
- A Google Sheet with column headings in the first row, for example: Name, Email, Message

Nodes used

- n8n Form Trigger
- Google Sheets

Steps

1. In n8n, click the **+** button to create a new workflow.
2. Click **Add first step...** and choose **On form submission**.
3. Type a **Form Title**, for example "Contact me".
4. Click **Add Form Element** and type **Name** in the **Label** box.
5. Do the same twice more, for **Email** and **Message**.
6. Set the **Element Type** for the Email field to **Email**.
7. Close the form node. Click **Execute** at the bottom of the canvas, fill in the test form and submit it. This gives n8n an example to work with.
8. Click the **+** to the right of the form node.
9. Search for **Google Sheets** and choose **Append row in sheet**.
10. Under **Credential**, click **Sign in with Google**. When Google asks what n8n can access, tick every box before you click **Continue**.
11. Under **Document**, choose your spreadsheet. Under **Sheet**, choose the sheet inside it.

12. A box appears for each column heading in your sheet. Drag **Name**, **Email** and **Message** from the left side into the matching boxes.

Test it

1. Click **Execute** at the bottom of the canvas. A test version of your form opens.
2. Fill it in and click submit.
3. Open your Google Sheet. You should see a new row with your answers.

Make it run by itself Click **Publish**. From now on, use the form's **Production URL**. That's the link you share with people.

What can go wrong You share the **Test URL** by mistake. It only works while you're testing in the editor, so answers sent later go nowhere. Open the form node and copy the **Production URL** instead.

Workflow 2: Send a reminder email on a schedule

What it does Every week, n8n sends you a reminder email at the time you choose.

You'll need

- An n8n Cloud account
- A Gmail account

Nodes used

- Schedule Trigger
- Gmail

Steps

1. Create a new workflow.
2. Click **Add first step...** and choose **On a schedule**.
3. Set **Trigger Interval** to **Weeks**.
4. Under **Trigger on Weekdays**, pick the day, for example Monday.
5. Set **Trigger at Hour**, for example 9am.
6. Click the **+** to the right of the Schedule Trigger.
7. Search for **Gmail** and choose **Send a message**.
8. Under **Credential**, click **Sign in with Google** and allow access.
9. In **To**, type your own email address.
10. Type a **Subject**, for example "Weekly reminder: send invoices".
11. Type your reminder in the **Message** box.

Test it

1. Click **Execute** at the bottom of the canvas. You don't need to wait for Monday, as this runs it straight away.
2. Check your inbox. The reminder should be there.

Make it run by itself Click **Publish**. The email will now arrive on the day and time you chose.

What can go wrong The email arrives at the wrong hour. n8n uses the workflow's timezone, or your account's timezone if the workflow doesn't have one. Click the three dots next to the workflow's name and choose **Settings**. Set **Timezone** to where you live, then click **Save**.

Workflow 3: Make a yes or no decision

What it does Your workflow checks an answer and does one thing for "yes" and something else for "no".

This example builds on Workflow 1. If someone ticks "Please call me back", you get an email. If they don't, nothing extra happens.

You'll need

- Your workflow from Workflow 1
- A Gmail account

Nodes used

- n8n Form Trigger (from Workflow 1)
- If
- Gmail

Steps

1. Open your workflow from Workflow 1.
2. Open the form node. Click **Add Form Element**, type "Please call me back" as the **Label**, and set its **Element Type** to **Checkboxes**.
3. In the **Checkbox Label** box that appears underneath, type "Please call me back" again. This is the box people tick.
4. Close the form node. Click **Execute** at the bottom of the canvas, tick the box on the test form and submit it. This gives n8n an example answer to work with.
5. Click the **+** to the right of the form node and search for **If**.
6. In the first box of the condition, drag in the "Please call me back" field from the left side.
7. Click **is equal to** and change it to **is not empty**. This means "the box was ticked". n8n sorts comparisons by type, and a ticked box arrives as a list, so look under **Array**.
8. Click the **+** on the **true** output and add **Gmail**, choosing **Send a message**.
9. Fill in **To** with your own email, and a **Subject** like "Please call this person back".
10. In the **Message** box, drag in the Name and Email fields so you know who to call.
11. Leave the **false** output empty. Nothing needs to happen there.

Test it

1. Click **Execute** at the bottom of the canvas and fill in the test form with the box ticked.
2. You should get an email, and the If node should show your answer on the **true** side.
3. Run it again with the box not ticked. This time, no email should arrive.

Make it run by itself Click **Publish** to save the new version. Remember to keep sharing the **Production URL**.

What can go wrong The If node always says "false". Usually the field in the condition doesn't match the field name in your form. Open the If node, delete the field from the condition, and drag it in again from the left side.

Workflow 4: Save results in a Data table

What it does Form answers are saved in a Data table inside n8n, so you don't need a separate spreadsheet.

You'll need

- An n8n Cloud account

Nodes used

- n8n Form Trigger
- Data table

Steps

1. Create the Data table first. Click **Personal** in the left menu, open the **Data tables** tab and click **Create data table**.
2. Name it "Sign-ups", choose **From scratch** and click **Create**.
3. Click **Add Column**, type **Name**, leave **Type** as string and click **Add Column**. Do the same again for **Email**.
4. Create a new workflow. Click **Add first step...** and choose **On form submission**. Give it a **Form Title** and two fields: Name and Email.
5. Close the form node. Click **Execute** at the bottom of the canvas, fill in the test form and submit it. This gives n8n an example to work with.
6. Click the **+** to the right of the form node and search for **Data table**.
7. Choose the **Insert row** action.
8. Under **Data table**, pick your "Sign-ups" table.
9. Leave **Mapping Column Mode** as **Map Each Column Manually**. A box appears for each column.
10. Drag **Name** from the left side into the Name box, and **Email** into the Email box.

Test it

1. Click **Execute** at the bottom of the canvas and fill in the test form.
2. Open your "Sign-ups" Data table. You should see a new row with the name and email.

Make it run by itself Click **Publish**, then share the form's **Production URL**.

What can go wrong The Data table node turns red and says "unknown column name 'submittedAt'". This happens if you switched to **Map Automatically**. The form also sends the time it was filled in, and your table has no column for it, so n8n stops. Switch back to **Map Each Column Manually** and drag your fields in.

Workflow 5: Get data from a website's API

What it does Every morning, n8n fetches information from a website, such as today's weather, and saves the part you want.

An API is a web address that gives back data instead of a web page. You don't need to understand how it works to use one.

You'll need

- An n8n Cloud account
- Nothing else. This example uses Open-Meteo, a free weather service that doesn't need an account.

Nodes used

- Schedule Trigger
- HTTP Request
- Edit Fields

Steps

1. Create a new workflow. Click **Add first step...** and choose **On a schedule**.
2. Leave **Trigger Interval** as **Days** and set **Trigger at Hour** to 8am.
3. Click the **+** and search for **HTTP Request**.
4. Leave **Method** as **GET**.
5. Paste this into **URL**. It asks for the current temperature in London: `https://api.open-meteo.com/v1/forecast?latitude=51.51&longitude=-0.13&current=temperature_2m`
6. Click **Execute step**. The answer from the website appears on the right.
7. Click the **+** and add **Edit Fields**.
8. Click **Add Field** and name it "report".
9. On the left, open **current** and drag **temperature_2m** into the value box. This creates an expression that looks like `{{ $json.current.temperature_2m }}`.

Test it

1. Click **Execute** at the bottom of the canvas.
2. Click the **Edit Fields** node. You should see your "report" field with today's temperature.

Make it run by itself Click **Publish**. It now runs every morning. To keep the results, add the Data table node from Workflow 4 to the end.

What can go wrong The HTTP Request node turns red. The web address is usually wrong or has an extra space. Copy it again, paste it into **URL**, and click **Execute step** again.

Built all 5? Tick them off

- [ ] Workflow 1: Form answers into Google Sheets

- [ ] Workflow 2: A weekly reminder email
- [ ] Workflow 3: A yes or no decision
- [ ] Workflow 4: Form answers saved in a Data table
- [ ] Workflow 5: Data from an API every morning



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