



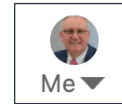
**HOW TO  
DOWNLOAD YOUR  
LINKEDIN  
CONNECTIONS**



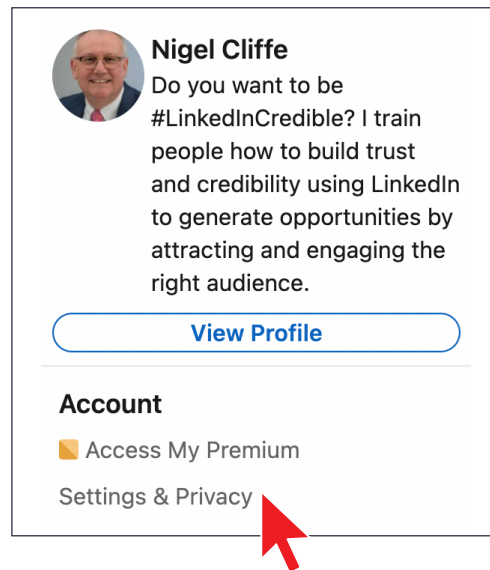
**Before starting, have your LinkedIn password to hand. You'll require it in a few minutes time.**



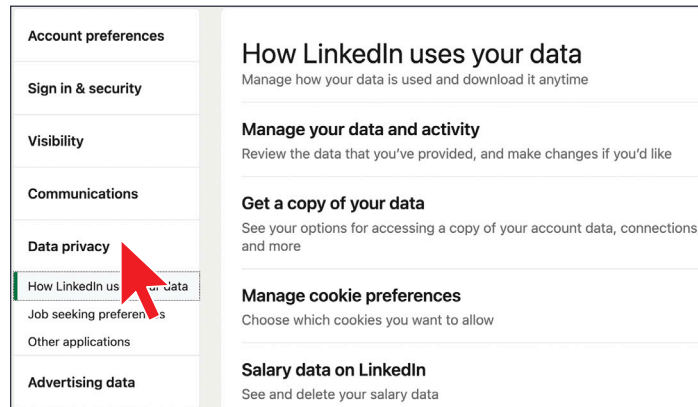
1. From your LinkedIn Homepage, click on 'Me' on the top navigation bar.



2. Scroll down to 'Settings & Privacy'.



3. In the left-hand column, click on 'Data privacy'.



4. Click on 'Get a copy of your data'

**Get a copy of your data**  
See your options for accessing a copy of your account data, connections, and more

Your LinkedIn data belongs to you, and you can download an archive any time or [view the rich media](#) you have uploaded.

Download larger data archive, including connections, contacts, account history, and information we infer about you based on your profile and activity. [Learn more](#)

Want something in particular? Select the data files you're most interested in.

<input type="checkbox"/> Articles	<input type="checkbox"/> Connections
<input type="checkbox"/> Imported Contacts	<input type="checkbox"/> Messages
<input type="checkbox"/> Invitations	<input type="checkbox"/> Profile
<input type="checkbox"/> Recommendations	<input type="checkbox"/> Registration

[Request archive](#) Your download will be ready in about 24 hours

Don't see what you want? Visit our [Help Center](#).

At this point, you can choose to download all your data, or just a selection, such as your 'Connections'. I suggest doing both at some point to see the difference.

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<input type="checkbox"/> Articles	<input checked="" type="checkbox"/> Connections
<input type="checkbox"/> Imported Contacts	<input type="checkbox"/> Messages
<input type="checkbox"/> Invitations	<input type="checkbox"/> Profile
<input type="checkbox"/> Recommendations	<input type="checkbox"/> Registration

[Request archive](#) Your download will be ready in about 10 mins

At this point, you'll need to add your password to verify the request:

[Request archive](#) Your download will be ready in about 24 hours

Don't see what you want? Visit our [Help Center](#).

For your security, enter your password to make this change

Password

[Done](#) [Forgot password](#)

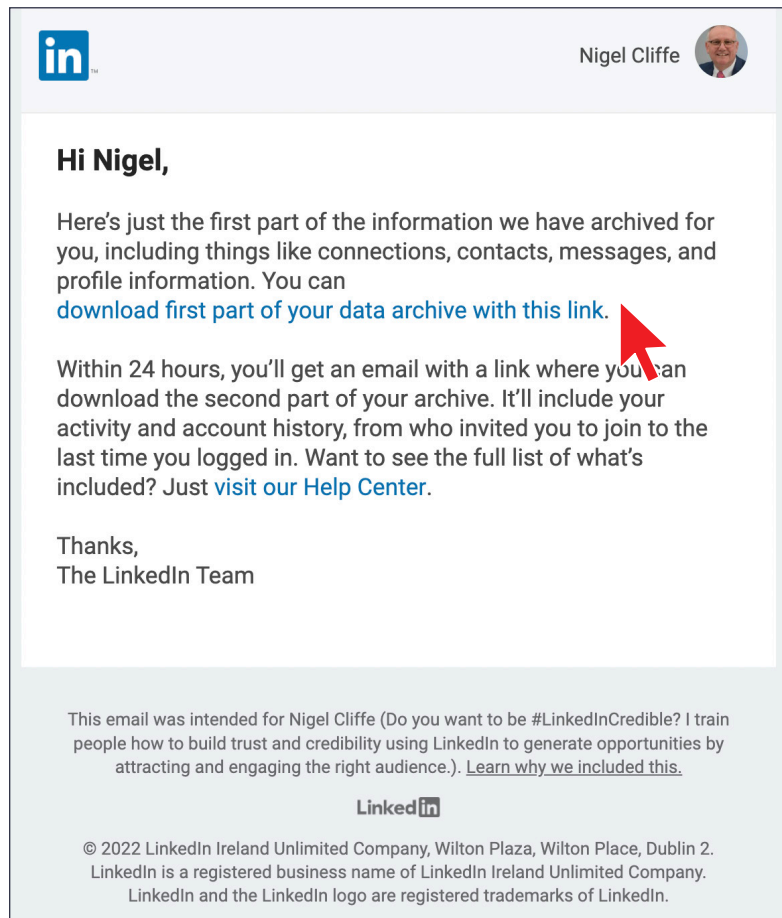
Your request will then show:

We will send you an email when your download is ready.

Request pending

Don't see what you want? Visit our [Help Center](#).

5. Now wait until you receive an email from LinkedIn that will look like this:



6. Click on the '**download first part of your data archive with this link**'

...and will be sent back to LinkedIn where you will see this:

The first installment of your LinkedIn data archive is ready!

(Yes, two 'll's' in the US!)

### Get a copy of your data

See your options for accessing a copy of your account data, connections, and more

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Want something in particular? Select the data files you're most interested in.

- |  |                                       |
|--|---------------------------------------|
| <input type="checkbox"/> Articles          | <input type="checkbox"/> Connections  |
| <input type="checkbox"/> Imported Contacts | <input type="checkbox"/> Messages     |
| <input type="checkbox"/> Invitations       | <input type="checkbox"/> Profile      |
| <input type="checkbox"/> Recommendations   | <input type="checkbox"/> Registration |

[Download archive](#)

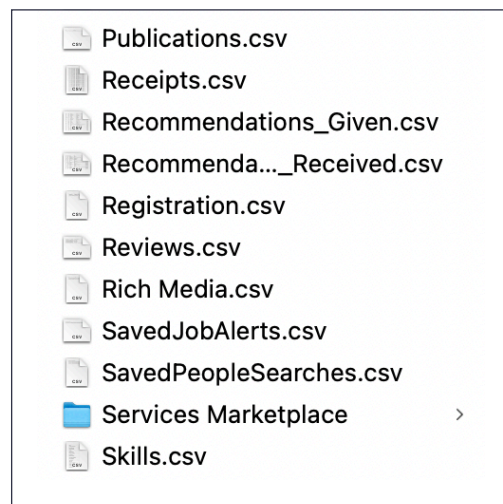
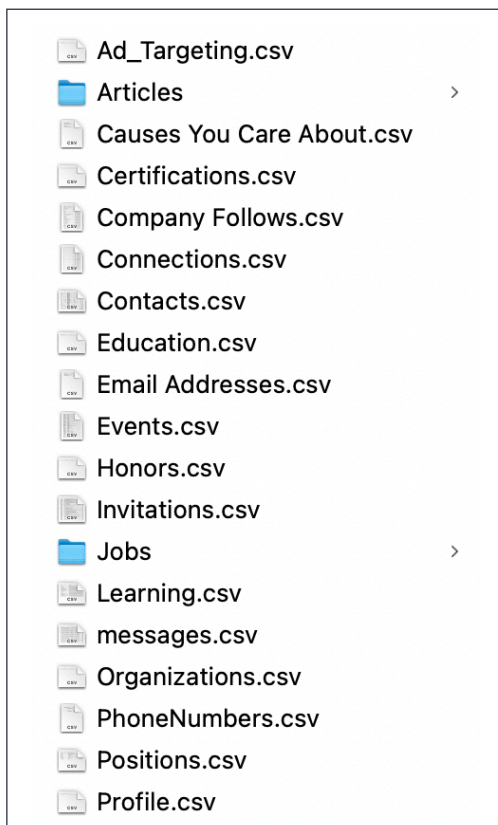
Don't see what you want? [Visit our Help Center.](#)

Click on:

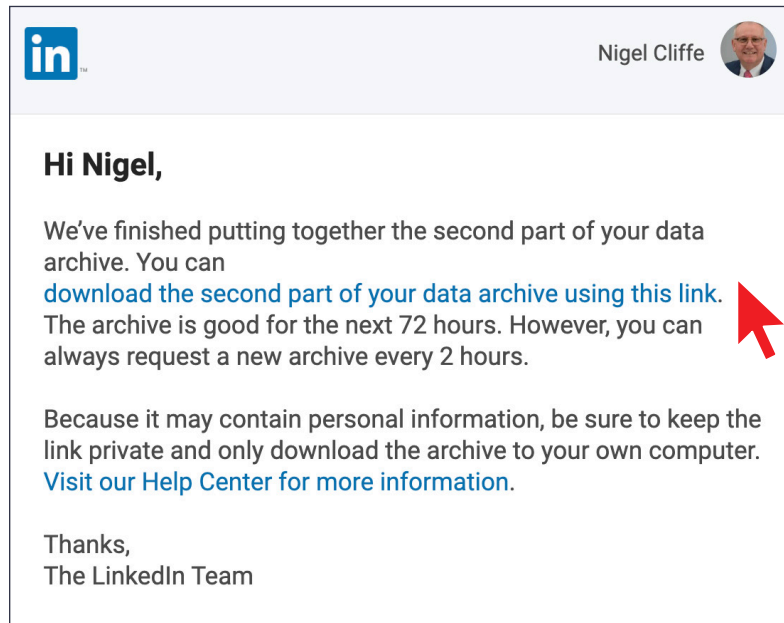
[Download archive](#)

...and your file will be downloaded to your desktop.

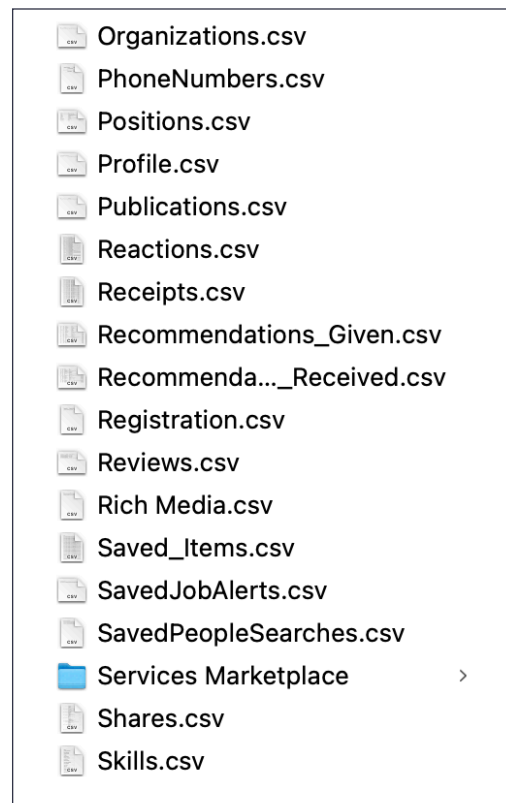
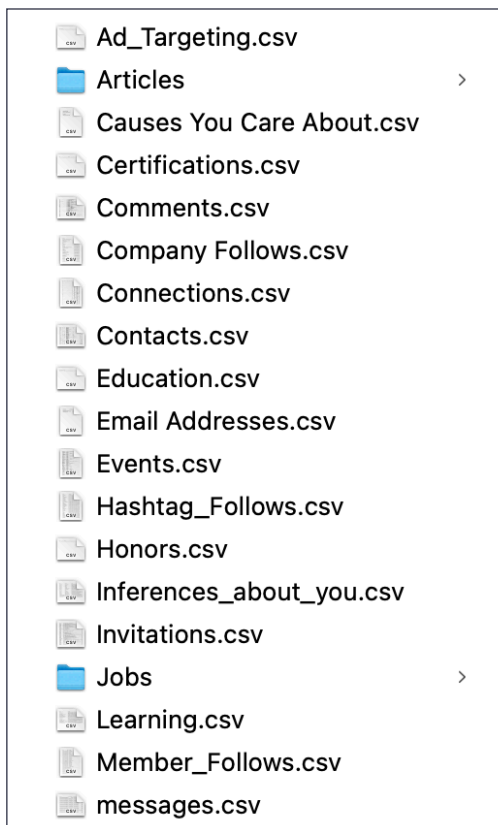
You can see here all manner of features of your LinkedIn content:



7. You now wait for the second email, which will arrive within 24 hours.



Which will contain this data:



And there you have it - all your data downloaded from LinkedIn.

**Now YOU own a valuable copy of it all!**

8. I recommend repeating this process at least every four months so you have a recent record of all your LinkedIn activity.

**Add a note to your diary now!**

We think of our connections as being OUR connections, but in reality, they belong to LinkedIn. We just have a bespoke window through our LinkedIn account to them.

To really own them, I strongly recommend downloading your data and connections so that you retain a copy for yourself.

**These are YOUR connections – make sure you have a copy of them you can keep as well as store them on LinkedIn.**

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[linkedintraining.co.uk](https://www.linkedintraining.co.uk)

