

M A V E R I C K A I

CHATGPT AND INDEED JUST JOINED FORCES

APPLY TO HUNDREDS OF JOBS AN HOUR

Indeed now plugs straight into ChatGPT. This is the 30-second install, the prompt that pulls every job you qualify for and ranks it by your odds of an interview, and the browser command that tailors and sends the applications while you do something else.

The Indeed plugin: install, connect, and the @Indeed command
The Google XYZ formula that makes a recruiter stop on your resume
The ranked job search prompt from the video, word for word
The @browser apply command and the permission setting to use
Bonus prompts for cover letters, interviews and salary
The 7 mistakes that quietly kill auto-applied applications
What actually works, what doesn't, and a one-page quick reference

2026 Edition

What Just Happened

Indeed built an official plugin for ChatGPT, and it changes what a job search looks like. Instead of scrolling listings one at a time and pasting your resume into the same form forty times, you install the plugin, connect your Indeed account, and ChatGPT pulls the jobs straight from Indeed, matched against your profile and ranked by how likely you are to actually get called. Then you hand that list to ChatGPT's built-in browser and it works through the applications one by one, tailoring each one to the job description, while you go make dinner.

30 sec

to install and connect Indeed

7 days

the posting window that gets
replies

500

the apply target in the browser
command

I tried a version of this last year with ChatGPT's old Agent Mode and got 12 interview requests in 24 hours, not from random listings but from strong matches where the resume actually lined up with what the company needed. The Indeed plugin makes the finding part faster and cleaner because the listings come from Indeed directly instead of from a browser scraping pages, and the applying part now runs in ChatGPT Work with a real browser. Same idea, way better tooling.

How the two halves fit together

It helps to know this up front because the video compresses it into one breath. The Indeed plugin is the search half: it reads your Indeed profile, searches Indeed's live listings, shows you pay, ratings and details inside the chat, and gives you an Apply on Indeed button for each one. The browser is the apply half: ChatGPT Work opens Indeed in its own built-in browser, signed in as you, and fills out the applications. The plugin finds, the browser applies. Keep that straight and every step below makes sense.

WHAT THE INDEED PLUGIN CAN DO INSIDE A CHAT

Search jobs using your Indeed profile and career goals. Pull the details on any specific listing. Show company overviews and employee ratings from Indeed. Hand you an Apply on Indeed button for every result. What it cannot do on its own is submit the application, which is why Step 4 uses the browser.

One more thing before the steps. The plugin matches jobs off your Indeed profile, not off a file you upload to the chat, and Indeed Apply sends whatever resume is stored on Indeed. So the resume rewrite in Step 2 only pays off if you put the new version on Indeed too. Most people skip that and then wonder why the applications went out with the old resume.

What You Need

Three things: a ChatGPT account, an Indeed account with a filled-in profile, and your current resume as a PDF or Word file. Steps 1 to 3 work on the free plan, on the web or in the app. Step 4 is the only part with a requirement, because the built-in browser lives in ChatGPT Work inside the desktop app, and Work is on Plus and up.

Step	What it uses	Free / Go	Plus and up
1. Install the plugin	Plugins page, any chat	Yes	Yes
2. Resume rewrite	A normal chat with a file upload	Yes	Yes
3. Ranked job search	@Indeed in a normal chat	Yes	Yes
4. Apply in the browser	ChatGPT Work + @browser, desktop app	No	Yes, metered

If you are on the free plan, do steps 1 to 3 anyway. A ranked list of every job you qualify for, refreshed whenever you want, is already more than most job boards give you, and you can work through the top of the list by hand with the Apply on Indeed button. The browser just does the typing faster.

GET THE DESKTOP APP

Download it at chatgpt.com/download (Mac and Windows). Work is the toggle at the top of the screen once you are in, and the built-in browser lives inside it. The web version of ChatGPT does not have the browser.

HEADS UP

Work runs on a usage allowance, the same pool Codex uses. On Plus that is a five-hour window plus a weekly cap, so a big overnight apply session can hit the limit and pause until it resets. Pro plans get more room. Plan a long run for the start of a fresh window rather than the end of one.

Fill in your Indeed profile first

Before you install anything, open indeed.com, sign in, and make sure your profile has a resume uploaded, your work history, your skills, your location, and your job preferences (title, pay, remote or not). The plugin reads all of that to match you. An empty profile means the search comes back thin no matter how good the prompt is. You will replace the resume with a better one in Step 2, so a rough version is fine for now.

Install The Indeed Plugin

STEP 1: Install and connect Indeed (30 seconds)

Open ChatGPT and click **Plugins** in the left sidebar. It sits right there in a normal chat, on the free plan, so you do not need to switch to Work yet. If you do not see it, go straight to chatgpt.com/plugins and the same page opens.

Type **Indeed** into the search box on the right. One card comes up: Indeed, "Find jobs tailored for you." Click it, then click **Install plugin**. ChatGPT asks you to connect, a login window pops up, and you sign in to your Indeed account and allow the connection. That is the whole install.

From now on, typing **@Indeed** at the start of any message sends it to Indeed and the results come back inside the chat: the listing, the pay if it is posted, the company rating, and an Apply on Indeed button on each one. You can also open it from the plus button in the message box under More.

TEST IT (30 SECONDS)

```
@Indeed find me remote customer success roles posted this week  
that pay at least $60k, and show me the three with the best  
company ratings.
```

If that comes back with real listings, you are connected and can skip to Step 2. If it comes back empty or asks you to connect again, run through the box below.

IF IT IS NOT SHOWING UP

Signed out of ChatGPT: sign in and reload the Plugins page. Work or school account: an admin may need to approve plugins for the workspace, so use a personal account for this. Connected but empty results: your Indeed profile is probably missing a resume or job preferences, so fill those in on indeed.com and try again. Wrong Indeed account connected: open Settings, then Plugins, find Indeed and disconnect it, then install again and sign in with the right one.

TIP

The video says to choose Work at the top first. You can, but you do not have to. Plugins lives in the regular chat sidebar too, and Work is only needed for the browser in Step 4. Doing the search in a normal chat saves your Work allowance for the part that actually needs it.

Fix Your Resume First

STEP 2: Rewrite it with the Google XYZ formula

The plugin can only match you to jobs as well as your resume describes you, and the browser can only tailor what is already there. So spend ten minutes here before you search anything. A recruiter spends about seven seconds on a first pass. The resumes that survive those seven seconds all have the same shape, and Google's own recruiting team gave it a name: the XYZ formula.

THE GOOGLE XYZ FORMULA

"Accomplished [X] as measured by [Y], by doing [Z]." Every bullet states what you achieved, gives the number that proves it, and says how you did it. It comes from Laszlo Bock, who ran People Operations at Google, and it works because it turns a duty into a result a hiring manager can picture.

Before (what most resumes say)	After (XYZ)
Responsible for social media	Grew Instagram from 4k to 31k followers in 8 months by posting three edited Reels a week
Handled customer support tickets	Cut average ticket response time from 9 hours to 90 minutes by building a 40-template reply library
Managed a sales team	Lifted team quota attainment from 71% to 104% in two quarters by introducing weekly pipeline reviews
Worked on the company website	Raised checkout conversion 18% by rebuilding the mobile cart flow and cutting form fields from 11 to 5

First, get the honest recruiter read

Upload your current resume to a normal ChatGPT chat (the plus button in the message box, or drag the file in) and run this. It tells you which roles you are actually competitive for and what a hiring manager would flag in the first ten seconds. Those flags are what the rewrite fixes.

PROMPT 1: RECRUITER ANALYSIS

Act as a senior recruiter with 15 years in talent acquisition.
Based on my attached resume:

1. List the 15 job titles I am most qualified for, ranked by strength of fit.
2. For each title, list the exact keywords applicant tracking systems scan for in that role.
3. Identify any gaps or weaknesses a hiring manager would notice in under 10 seconds.
4. Rate my resume 1 to 10 and tell me exactly what would move it to a 10.

Be honest. I need the real assessment, not a polite one.

Then rewrite every bullet

PROMPT 2: THE XYZ RESUME REWRITE

Now rewrite my resume using the Google XYZ formula. Every bullet must read "Accomplished [X] as measured by [Y], by doing [Z]," with a real number in every bullet. If I did not give you a number for something, ask me for it instead of inventing one. Keep my job titles, companies and dates exactly as they are. Weave in the ATS keywords from the top three roles you identified, but only where they are true. Keep it to one page if I have under 10 years of experience, two pages otherwise. Give me the finished resume as a downloadable Word file.

It will stop and ask you for numbers, and you should answer them properly. "How many tickets a week?" "Roughly what was the budget?" A real number you had to think about beats a vague adjective every time, and a made-up one is the fastest way to lose an interview.

NOW PUT THE NEW RESUME ON INDEED

On indeed.com, open your profile, replace the stored resume with the new file, and paste the new bullets into your Indeed work history. The plugin matches jobs off what is on Indeed, not off the file in your chat, and ChatGPT's browser cannot upload files for you, so whatever resume Indeed has on file is the one every application goes out with. Two minutes here decides whether Step 4 sends the good resume or the old one.

TIP

Ask a follow-up: "Check this resume against the top three titles and tell me which keywords are still missing." Applicant tracking systems filter on those words before a human ever sees the page.

Pull Every Job You Qualify For

STEP 3: The ranked search, straight from the video

Start a new chat, upload the finished resume again so ChatGPT has it in front of it, and run the prompt from the video. The @Indeed at the front is what routes the message to the plugin, and the seven-day window matters because fresh postings are where replies come from.

PROMPT 3: THE RANKED JOB SEARCH

```
@Indeed Use what is on my resume to find every job I am
qualified for that was posted in the last seven days, and rank
them by how likely I am to land an interview. For each one
give me the title, company, location or remote, pay if listed,
a match score out of 100, and one line on why it scored that
way. Put the full list in a table, best odds at the top.
```

ChatGPT pulls the listings directly from Indeed and hands you the ranked table. The first pass is rarely the final one, so run it a few more times with a tweak each time until the top of the list looks like jobs you would actually want.

PROMPT 4: NARROW IT DOWN

```
@Indeed Run the same search again but only remote roles at
companies rated 4 stars and up on Indeed, and add roles one
level above my current title. Re-rank the combined list and
mark anything new.
```

PROMPT 5: WIDEN IT

```
@Indeed Now search titles that use different words for the
same job as mine (for example "client success" and "account
manager" for "customer success"), posted in the last 7 days,
within 30 miles of my location or remote. Add anything with a
match score above 70 to the list.
```

Turn the list into a tracker

Once the list looks right, ask for it as a file so you have something to work from and update as applications go out.

PROMPT 6: SAVE THE TRACKER

Save the top 50 from the ranked list to a spreadsheet with these columns: Rank, Title, Company, Location, Pay, Match Score, Link, Date Applied, Status, Notes. Leave the last three blank. Give me the file.

Gut-check the companies

The plugin also pulls Indeed's company pages, which is faster than opening ten tabs of reviews.

PROMPT 7: COMPANY CHECK

@Indeed Tell me more about working at [COMPANY]. Give me the overall rating, what employees say about pay and management, and anything in the reviews that would make me think twice.

TIP

Match score is ChatGPT's read of how your resume lines up with the posting, not Indeed's. Treat it as a sorting tool, not a promise. A 92 with a company you would hate is still a no.

Let ChatGPT Apply

STEP 4: Hand the list to the browser

Open the ChatGPT desktop app and pick **Work** from the toggle at the top of the screen. Work is the version of ChatGPT that can use a browser and your files, and it is where the applying happens. Open the built-in browser first (the browser button in the toolbar, or Cmd+Shift+B on Mac and Ctrl+Shift+B on Windows), go to indeed.com and sign in, so every Indeed Apply button is unlocked when it starts. The built-in browser keeps its own logins, separate from Chrome, so signing in there once is enough.

Then, in the same conversation as your ranked list (or with the tracker file attached), run this.

PROMPT 8: APPLY TO THE TOP 500

```
@browser Go through the ranked job list, starting from the top, and apply to the top 500 jobs. For each one, open the listing on Indeed, read the job description, and tailor my application to it: rewrite my summary and the three most relevant bullets in the Google XYZ formula using the exact keywords from the description, and write a four-sentence cover letter that names the company and the role. Fill in every required field, use my Indeed resume, and submit. If a listing needs a login, an assessment, or a question you cannot answer, skip it and add it to a "do manually" list. Keep a running table of company, title, date applied and status, and give me the full report when you are done.
```

The permission setting that decides everything

Under the message box in Work there is a permissions control with three settings. This is the difference between a run that needs you every thirty seconds and a run that actually goes while you sleep.

Setting	What it does	When to use it
Ask for approval	Stops before every submit, login or purchase and shows you what it is about to do	The first 10 applications, so you read the cover letters going out under your name
Approve for me	Reviews its own actions and keeps going, pausing only on anything risky	Once the cover letters look right. This is the overnight setting
Full access	Runs without pausing at all	Do not use it for this. Applications go out with your name on them

Approve for me and Full access are switched on in Settings, then General, then Permissions the first time you want them. Even on Approve for me, the browser pauses when a site asks for something it should not decide on its own, like a login or a security question, and you just answer and it continues.

HEADS UP

"While you sleep" comes with one physical requirement. The built-in browser runs on your computer, so the desktop app has to stay open and the machine has to stay awake. Plug it in, turn off sleep in your system settings for the night, and leave the app in front. If it stops partway, open the same chat and say "continue from where you stopped in the list."

PROMPT 9: RESUME A STOPPED RUN

```
@browser Continue applying from where you stopped. Check the tracker for the last job marked Applied, skip anything already submitted, and carry on down the list. Update the tracker as you go.
```

TIP

Indeed Apply listings (the ones marked "Easily apply") are the fast lane, because the whole form lives inside Indeed. Listings that bounce to a company career site are slower, throw more custom questions, and are where most of the "do manually" pile comes from. If you want volume, add "Indeed Apply listings first" to the prompt.

What to do the next morning

Open the report, skim the cover letters on five random applications to make sure the quality held, and work the "do manually" list yourself, because those are usually the career-site jobs with the fewest other applicants. Then run Prompt 3 again with "posted since yesterday" and feed the new ones in.

Bonus Prompts: After The Applications Land

Volume gets you the replies. These are the prompts for what happens when the replies start coming in, and they run in any normal ChatGPT chat.

Cover letters worth reading

PROMPT 10: THE FOUR-SENTENCE COVER LETTER

Write a four-sentence cover letter for the [ROLE] role at [COMPANY] using my resume. Sentence 1: the single result from my resume most relevant to this posting. Sentence 2: why this specific company (use something real from their site or the posting, not flattery). Sentence 3: what I would do in the first 90 days. Sentence 4: a plain ask for a conversation. No buzzwords, no "I am excited to apply."

Interview prep in one prompt

PROMPT 11: MOCK INTERVIEW

You are the hiring manager for [ROLE] at [COMPANY]. Here is the job description: [PASTE]. Interview me. Ask one question at a time, wait for my answer, then give me a score out of 10 and the stronger version of my answer before moving on. Cover: two behavioral questions, two role-specific questions, one question about a weakness, and "why us." Use my resume for context.

PROMPT 12: THE QUESTIONS THEY WILL ASK

Based on this job description and my resume, list the 10 questions I am most likely to be asked, including the two that would be hardest for me given the gaps in my experience. For each one, give me a STAR-format answer using real examples from my resume, kept under 90 seconds spoken.

Salary, before you say a number

PROMPT 13: SALARY RESEARCH AND SCRIPT

@Indeed What is the posted pay range for [ROLE] jobs in [CITY or Remote] right now? Then, in the chat: based on that range and my experience level, tell me the number I should anchor at, the number I should not go below, and give me a two-sentence script for answering "what are your salary expectations" that keeps the range open without lowballing myself.

PROMPT 14: NEGOTIATE THE OFFER

I have an offer for [ROLE] at [COMPANY]: base [X], bonus [Y], [other details]. Draft a short, warm negotiation email asking for [TARGET], backed by two specific points from my experience and the market range, and offer one alternative if base is fixed (signing bonus, extra PTO, or an earlier review). Keep it under 150 words.

TIP

Keep every reply, rejection and interview in the tracker from Prompt 6. After two weeks, ask ChatGPT to read it and tell you which titles and company sizes are actually converting. That is the data that decides what you search for in week three.

The 7 Mistakes That Kill Auto-Applied Applications

Every one of these is something I have watched people do, and a couple I did myself. None of them are obvious until an application goes out wrong.

HEADS UP

1. The old resume is still on Indeed. You rewrote it in ChatGPT and never replaced the file on your Indeed profile, so every Indeed Apply went out with the version that said "responsible for social media." Fix it in Step 2 before you run anything.

HEADS UP

2. Running Full access on the first night. Applications carry your name. Ten on Ask for approval costs you five minutes and tells you whether the cover letters are any good. Skipping that is how a letter addressed to the wrong company goes out fifty times.

HEADS UP

3. Letting the laptop sleep. The browser runs on your machine. Sleep mode stops the run, and it does not always resume cleanly. Plug in, disable sleep, leave the app in front.

HEADS UP

4. Applying to everything above a 50. The ranking exists so you can be picky at scale. Sending 300 applications to jobs you are a weak match for buries the strong ones and burns your Work allowance. Cut the list at a real score before Step 4.

HEADS UP

5. Invented numbers in the XYZ bullets. When the rewrite prompt asks you for a figure, give it a real one. A recruiter will ask about the 40% you cannot explain, and that interview is over.

HEADS UP

6. Ignoring the "do manually" list. Those are the career-site jobs with custom questions, and they usually have the fewest applicants. Twenty minutes on that list often beats two hundred auto-applies.

HEADS UP

7. Never re-running the search. Seven days of postings is a snapshot. Run Prompt 3 every morning with "posted since yesterday" and you are always first in on the fresh ones, which is where reply rates are highest.

What Works And What Doesn't

"Hundreds an hour" is the ceiling, not the average, and you should know that before you plan your night around it. Here is the honest version so nothing surprises you.

Works well

- **Indeed Apply listings.** The whole form is inside Indeed, the browser knows the layout, and these go through fast.
- **High-volume fields.** Sales, customer success, support, admin, marketing coordinators, junior tech. Lots of postings, standardized applications.
- **Remote roles.** No location filtering to fight, and the biggest pool of fresh postings every day.
- **Entry to mid-level.** The applications are simpler and the XYZ resume moves the needle most here.
- **The morning re-run.** Fresh postings from the last 24 hours get the highest reply rates, and the plugin makes that a one-line habit.

Works less well

- **Career-site redirects.** Custom questions, separate logins, sometimes a CAPTCHA you have to click yourself. These land in the manual pile.
- **Senior and specialist roles.** Fewer postings, more judgment calls in the application, and hiring managers who read every word. Do these by hand with the bonus prompts.
- **File uploads.** The built-in browser cannot upload files, so anything that demands a fresh attachment is a manual job. Indeed Apply avoids this by using your stored resume.
- **A big overnight run on Plus.** Work is metered. A realistic session is 50 to 200 applications before you hit a window or the manual pile piles up, which is still ten to twenty times a normal week.

One thing worth knowing

Indeed's own terms ask that applications go through their tools rather than through bots, and they can flag accounts that look automated. Keep yourself in the loop on what goes out, keep the permission setting at Approve for me rather than Full access, and treat this as ChatGPT doing the typing for you rather than a fire-and-forget machine. Run it that way and you get the volume without the spray-and-pray applications that get an account flagged or a reputation with a recruiter you actually wanted.

THE REALISTIC RESULT

A tight ranked list of 50 to 150 real matches, tailored applications on the Indeed Apply ones, a short manual list of the higher-value career-site jobs, and a tracker that tells you what is converting. Do that for two weeks and you have applied to more good-fit jobs than most people do in a quarter.

Quick Reference

The whole system on one page

Step	Where	What you type
Install	Plugins (left sidebar) or chatgpt.com/plugins	Search Indeed, Install plugin, sign in to Indeed
Resume	Normal chat, upload resume	Prompt 1 (recruiter read), Prompt 2 (XYZ rewrite), then replace resume on Indeed
Search	Normal chat	Prompt 3 with @Indeed, then Prompts 4 and 5 to tune, Prompt 6 to save
Apply	Desktop app, Work, built-in browser signed in to Indeed	Prompt 8 with @browser, Ask for approval for the first 10, then Approve for me
Resume a run	Same Work chat	Prompt 9
Daily	Normal chat	Prompt 3 again with "posted since yesterday"
Replies	Normal chat	Prompts 10 to 14 for cover letters, interviews and salary

A two-week schedule that works

Day	Do this	Time
Day 1	Fill in Indeed profile, install plugin, Prompts 1 and 2, put the new resume on Indeed	45 min
Day 1 evening	Prompts 3 to 6, cut the list at a real score, first 10 applies on Ask for approval	30 min
Night 1	Switch to Approve for me, plug in, sleep off, let it run	0 min
Day 2	Read the report, spot-check five cover letters, work the manual list	30 min
Days 3 to 14	Morning: Prompt 3 for new postings, feed them in. Evening: replies, Prompts 10 to 12	20 min a day

DO THIS TODAY

Steps 1 and 2. The install takes 30 seconds and the resume rewrite is the highest-return ten minutes in this whole guide, because every application after it, automated or not, goes out with a better resume. Run the search tonight. The first ranked list is the moment this stops feeling like a job board and starts feeling like a recruiter who works for you.

Want More AI Tips Like This?

I post daily AI content, tool breakdowns, and prompts that actually help you get more done. Follow me for the latest.

@MavGPT

TikTok | Instagram | Facebook

Let ChatGPT do the applying. You do the interviews.