

M A V E R I C K A I

SELL YOUR STUFF WITH AI

LET CHATGPT LIST IT ALL FOR YOU

Take a few photos of the stuff you never use, and let ChatGPT price it, write the listings, post them to Facebook Marketplace, and negotiate with buyers for you. Four prompts, done right, with everything you need to make each one actually work.

The 4 prompts, written out to work start to finish

Price any item using real market data

Get a ready-to-post listing for each one

Have ChatGPT post them to Facebook Marketplace for you

Schedule it to answer buyers and negotiate on autopilot

What to do at each step if it gets stuck

Bonus prompts and a one-page cheat sheet

2026 Edition

Before You Start: The Setup

The average home is sitting on thousands of dollars of stuff nobody uses. Old electronics, clothes, furniture, the exercise bike turned coat rack. The reason it never gets sold is the annoying part: pricing it, writing listings, posting, and dealing with buyers. That is exactly the part ChatGPT does for you now.

This guide is four prompts, in order. Each one builds on the last, so do them in the same chat, top to bottom. Before you run the first one, five minutes of setup makes the whole thing go smoothly.

\$0

to start

1

afternoon

4

prompts to sold

STEP 1: Take photos of everything you want to sell

Good light, a plain background, and a few angles per item. Capture any labels, brand names, model numbers, and flaws. The clearer the photo, the better ChatGPT can identify and price it, and the faster it sells.

STEP 2: Open ChatGPT, choose Work, and upload them

At the top of ChatGPT, choose Work, then upload all your photos into one new chat. Stay in this single chat the whole time. ChatGPT remembers each item as you go, so the pricing feeds the listings, and the listings feed the buyer replies. Start a new chat and you lose all of that.

STEP 3: Turn on web search, and know where the browser lives

Turn web search ON (the globe icon under the message box) so pricing is based on real, current listings instead of a guess. And for Step 3, ChatGPT needs to be able to open and control a browser for you. If you do not see it open a browser window when asked, that browsing ability may need to be switched on for your account or plan, so check for it before you get there.

THE ONE THING THAT TRIPS PEOPLE UP

Steps 3 and 4 have ChatGPT act inside Facebook for you. For that to work, you have to be logged into Facebook in the browser it opens. Have your Facebook login ready now. When the browser lands on a login screen, you sign in yourself, then tell ChatGPT to keep going. That single step is what makes the auto-posting actually work.

Prompt 1: Price Every Item

With your photos uploaded and web search on, paste this in. It is longer than "what is this worth," and that is on purpose. The detail is what gets you accurate prices instead of vague guesses.

PROMPT 1

```
I'm selling some things around my house and I've
uploaded a photo of each item. Go through every
single item one at a time. For each one, use web
search to check what it's actually selling for
right now, then tell me: exactly what it is
(brand and model if you can read it), the
condition it looks to be in, what it's worth
today, and a realistic price to sell it fast.
Base the price on RECENT SOLD listings, not just
what people are asking. Flag anything that might
be worth more than it looks so I don't underprice
it. Lay it all out as a simple list.
```

What happens next: ChatGPT works through your photos and hands you a clean list, each item with what it is, its condition, its value, and a price to actually sell it at. Two numbers matter, the "worth" number is your anchor, and the "realistic" number is what moves it this week.

One thing to watch: if the prices come back suspiciously round or generic, web search is probably off. Turn on the globe icon and say "redo this using real current listings." And if it stops partway through a big batch, just say "keep going, do the rest."

TIP

The most accurate signal is what things ACTUALLY sold for, not the asking price. Add "weight the price toward recent SOLD listings on eBay" and your numbers get a lot more real.

Prompt 2: Write The Listings

Same chat. Now turn those prices into listings that actually sell. This prompt asks for the full package and your price floors in one go, so you are set up for everything after.

PROMPT 2

Now write me a complete, ready-to-post listing for each item. For every one give me: a title using the words buyers actually search for, a full and honest description covering condition, size or specs, and why someone would want it, and the exact price to list at with a little room to negotiate built in. Keep the tone friendly and trustworthy, and be honest about any flaws. Write each as a Facebook Marketplace listing. Also tell me the lowest price I should accept for each item, so I have my floor ready for later.

What happens next: every item comes back as a finished listing, a title built to get taps, a description that answers what buyers always ask, and the price to post at. It also gives you a floor price per item, keep that, you will need it in Step 4.

Want them warmer? Give it a sentence of backstory per item (barely used, smoke-free home, why you're selling) and it rewrites them more believable. Selling on eBay or Poshmark too? Add "also give me an eBay version with a keyword-rich title."

TIP

Front-load the search words in the first line of each description, that is what shows before someone taps. Ask ChatGPT to "put the most important keywords in the first sentence of each listing."

Prompt 3: Let It Post For You

Here is the part everyone wants. ChatGPT opens its own browser and creates the listings on Facebook Marketplace for you. This prompt spells out the details so each listing goes up correctly instead of half-filled.

PROMPT 3

```
Open your browser and create each of these
listings on Facebook Marketplace for me, using
the photos I uploaded and the titles,
descriptions, and prices you just wrote. For each
item, set the right category and condition, use
the best photo as the cover image, and set my
location to [YOUR CITY]. Show me each listing so
I can confirm it before you publish, and post
them one at a time.
```

What happens next: ChatGPT opens a browser window and starts building your first listing, dropping in the photos, title, description, and price. The very first time, it will almost always hit Facebook's login or a security check. That is normal, and this is the make-or-break moment.

WHEN IT STOPS AT A FACEBOOK LOGIN OR CHECK

This is expected, not a failure. Log into Facebook yourself right there in that browser window, clear any "confirm it's you" or security prompt, then tell ChatGPT "I'm logged in, keep going." Once you are signed in, it can post into your account and will carry on with the rest.

If it is not working right

No browser opened at all. Your ChatGPT may not have browsing switched on. Say "use your browser to do this," and if there is still nothing, turn on the browsing / agent ability in ChatGPT for your plan.

It stalls on a page. Tell it what you see on screen, or just say "continue." It usually only needs a nudge.

It put an item in the wrong category, or the photos will not attach. Correct the category in plain words ("that one is Used - Good, Furniture"), and if photos will not attach, drag them into the window yourself when it pauses, then say continue.

TIP

Do not dump all your listings at once from a fresh account. Tell it to "post 5 now and the rest later today." Spacing them out looks natural to Facebook and keeps your listings landing fresh in buyers' feeds through the day.

Prompt 4: Put Buyers On Autopilot

The bonus move. Schedule ChatGPT to check your Marketplace messages and negotiate for you on a loop. This prompt hands it your rules and your floors up front, so it closes deals the way you would instead of guessing.

PROMPT 4

```
Now set up a recurring task that runs every 24
hours, checks my Facebook Marketplace messages,
and replies to buyers to negotiate the best price
for me. My rules: keep replies quick and
friendly, hold near the list price, and never go
below the floor you set for each item. Counter
lowballers instead of just declining. Do NOT
agree to a final sale or a meetup on your own,
bring any serious buyer to me to approve first.
```

What happens next: ChatGPT sets up a task that runs on a schedule, opens your Marketplace inbox in the browser, and works the conversations, answering questions and countering offers while staying above your floor. Serious buyers get flagged to you before anything is finalized.

KEEP IT LOGGED IN, KEEP THE FINAL YES

For the task to read and reply to buyers, it needs to reach your Facebook messages, so stay logged in on that browser. And keep the actual close with you: ChatGPT does the back-and-forth, you give the final yes on the meetup and the money. That is the safe way to run it hands-off.

If it is not working right

Not sure it saved. Say "show me the scheduled task you created" to confirm it is really set to run.

You have hot buyers right now. Speed wins sales, people buy from whoever answers first. Say "run this every couple of hours while I have active buyers."

It replied in a way you would not. Give it the correction once ("never drop more than 15%," "always offer local pickup first") and it holds that going forward.

Bonus Prompts To Sell More

The four above are the system. These are the extras to pull out whenever you need them, same chat, any time.

Find the hidden money

Before you price everything to move fast, check for sleepers.

SPOT THE SLEEPERS

Which of these items could be worth a lot more to the right buyer (vintage, collectible, discontinued, or a hot brand)? Tell me what makes each one valuable and where the serious buyers actually shop for it.

Pick the right platform

WHERE TO SELL EACH ITEM

For each item, tell me the single best place to sell it and one backup: Facebook Marketplace, eBay, Poshmark, or OfferUp. Say whether it's worth shipping or better sold locally, and why.

Handle one tricky buyer

REPLY TO A SPECIFIC BUYER

Here's a message from a buyer: "[paste it]". My floor on this item is \$[X]. Write me a friendly reply that holds my price and keeps them interested. If they're lowballing, counter smart instead of saying no.

Check if it is a scam

SCAM CHECK

Here's a message from a buyer: "[paste it]". Does this match any common marketplace seller scam? Point out the red flags and tell me how to respond safely.

Get Paid Without Getting Burned

The system does the selling. These habits make sure the money part goes clean.

The scams to know cold

If a buyer offers to overpay and wants the difference back, asks you to send or confirm a code to "verify" you, or wants to pay by gift card or wire, it is a scam every time. Real buyers keep it simple. Paste anything that feels off into ChatGPT with the scam check prompt before you reply.

Meeting up

For local pickups, meet in a public place in daylight, a police-station safe-exchange spot is ideal, and bring someone with you for big items. Take cash, or a payment you have confirmed actually landed, before the item leaves your hands.

Shipping

Only use the platform's official checkout and shipping label so you are protected if something goes wrong. Never take a payment that pushes you off-platform.

The golden rule

If a buyer makes it complicated, they are either a scammer or a headache. Real buyers show up, pay, and take the thing. Anything else, move to the next buyer. There is always a next buyer.

GET PAID THE SAFE WAY

Cash or confirmed-landed payment only, in a public place, in daylight. For shipping, platform checkout only. If it feels off, it is, walk away.

The One-Page Cheat Sheet

The four prompts, in order, in their full working form. Screenshot this. Remember: same chat, web search on, logged into Facebook for 3 and 4.

1. PRICE IT

I've uploaded a photo of each item I'm selling.
Go through every one and use web search to check what it's actually selling for now. For each, give me what it is, its condition, its value, and a realistic quick-sale price based on recent SOLD listings. Flag anything worth more than it looks.

2. WRITE THE LISTINGS

Now write a complete, ready-to-post Facebook Marketplace listing for each item: a searchable title, an honest full description, and the price to list at with room to negotiate. Also tell me the lowest price I should accept for each one.

3. POST THEM FOR ME

Open your browser and create each listing on Facebook Marketplace using my photos and what you wrote. Set the category, condition, cover photo, and my location. Show me each one to confirm before publishing, and post them one at a time. (Be logged into Facebook first.)

4. NEGOTIATE ON AUTOPILOT

Set up a task every 24 hours that checks my Marketplace messages and negotiates for me: hold near list price, never below my floors, counter lowballers, and bring me any serious buyer to approve before agreeing to a sale.

YOUR ACTION PLAN

1. Photograph 5 things you never use. 2. Open ChatGPT (Work, web search on), upload, run prompts 1 and 2. 3. Log into Facebook, run prompt 3, and sign in when the browser asks. 4. Run prompt 4 to put buyer replies on autopilot. 5. Keep the final yes yours. First sale by the weekend.

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Your clutter is somebody else's treasure. Let AI do the selling.