

M A V E R I C K A I

THE COMPLETE GUIDE TO CHATGPT CONNECTORS

20 CONNECTORS THAT TURN CHATGPT INTO A DOER

Most people type into ChatGPT and read the answer. Connectors let it actually do the thing: book the table, build the cart, edit the photo, clear the inbox. Here are 20 real ones and the exact prompts to use them.

The 5 from my video, set up step by step

15 more real connectors worth knowing

The difference between an App and a Connector

A copy-paste prompt for every single one

How to turn them on in under a minute

What to allow, and how to stay safe

A one-page cheat sheet of all 20

2026 Edition

What ChatGPT Connectors Actually Are

For a long time ChatGPT could only talk. You asked, it answered. Connectors change that. They plug ChatGPT into the apps and services you already use, so it can pull in your real information and take real action, all without you leaving the chat.

Instead of "here is how you could plan a trip," it books the hotel. Instead of "here is a playlist idea," it drops the songs into your library. That is the whole leap. ChatGPT stops being a thing you read and becomes a thing that does.

20

connectors in this guide

1

chat to run them all

60s

to turn one on

Two flavors, and the difference matters

OpenAI uses two words, and people mix them up. Knowing which is which tells you what each one is actually for.

Type	What it does	Examples
Connector (sync)	Plugs into your own accounts so ChatGPT can read your data: emails, files, calendar. It brings YOUR stuff in.	Gmail, Google Drive, Google Calendar, Dropbox
App	A company's own mini-app living inside ChatGPT. You chat with it to get something done on their platform.	Spotify, Canva, DoorDash, Zillow

A NOTE ON NAMES

OpenAI has shuffled the wording more than once, calling these connectors, then apps, and grouping them in an Apps and Connectors directory. In this guide I use "connectors" as the plain-English word for all of them, the way most people do. When the difference matters, I flag whether something is a sync Connector or an App.

HEADS UP

Availability moves fast and varies by region. Most of these are rolling out in the US first and are limited or unavailable in the EU, UK, and Switzerland. Some need a paid plan (Plus, Pro, Business), some work on Free. If you do not see one, it may not have reached your account or country yet. That is normal.

How To Turn A Connector On

The process is the same for almost all of them. Learn it once and every connector in this guide works the same way.

STEP 1: Open your Apps & Connectors settings

Click your profile icon (top right on web, or your name on mobile). Go to Settings, then find Apps & Connectors. You can also open the full directory at chatgpt.com/apps in your browser.

STEP 2: Find the connector and click Connect

Browse or search for the one you want. Click it, then Connect. For an App you will sign into that company (Spotify, Target, and so on). For a sync Connector like Gmail you will grant ChatGPT permission to read that account.

STEP 3: Approve the permissions

A window pops up asking what ChatGPT is allowed to access. Read it. Approve only what you are comfortable with. This is the important screen, do not click through it blind.

STEP 4: Use it right inside a chat

Now just talk. Type what you want, or type the app's name, or open the tools menu in the chat box to call it in. ChatGPT figures out which connector to use and does the work. That is it.

TIP

If you connect an app and ChatGPT does not seem to use it, name it directly. "Use Spotify to build me a playlist" works better than hoping it guesses. Once it gets the hint, it usually keeps using the right one.

MENTION APPS WITH @

In a chat you can often pull an app in by typing its name directly, the same way you would tag someone. It is the fastest way to tell ChatGPT exactly which connector you want for this task.

The 20 Connectors

Grouped by what you would actually use them for. Each one is real and live as of this guide. The five from my video are marked with a star.

Your Inbox & Files



Gmail ★

SYNC CONNECTOR

Reads, writes, and sends email for you. Summarize a messy inbox, find that one thread, and draft replies that actually sound like you.

Try: *"Summarize my unread emails and draft replies to the three most important ones."*

Set up: Settings > Apps & Connectors > Gmail > Connect, then sign into Google and approve access.



Google Drive

SYNC CONNECTOR

Lets ChatGPT read your docs, sheets, and slides so it can answer from your real files instead of guessing. Great for pulling facts out of long documents.

Try: *"Find my Q3 planning doc in Drive and give me the five key takeaways."*

Set up: Settings > Apps & Connectors > Google Drive > Connect (needs a paid plan in most regions).



Google Calendar

SYNC CONNECTOR

Reads your schedule and helps you plan around it. Ask what your week looks like, or have it find a free slot before you commit to something.

Try: *"What does my Thursday look like, and when am I free for a 30-minute call?"*

Set up: Settings > Apps & Connectors > Google Calendar > Connect and approve calendar access.



Dropbox

SYNC CONNECTOR

Same idea as Drive, for anyone who lives in Dropbox. ChatGPT can search your files and pull answers straight out of them.

Try: *"Search my Dropbox for the signed contract and tell me the renewal date."*

Set up: Settings > Apps & Connectors > Dropbox > Connect and sign in.

Create & Design



Adobe Photoshop ★

APP

Edit photos with plain language. Remove backgrounds, retouch, and generate designs, with Photoshop doing the heavy lifting behind the scenes.

Try: *"Remove the background from this photo and clean up the lighting."*

Set up: Open the Apps directory, find Adobe Photoshop, Connect, and sign into your Adobe account.



Canva

APP

Turn an idea into a finished design. Social posts, slides, thumbnails, and logos, generated and laid out for you without opening Canva yourself.

Try: *"Make me five Instagram post designs announcing a weekend sale."*

Set up: Apps directory > Canva > Connect and log in with your Canva account.



Figma

APP

Go from a rough idea to a real design or diagram. Handy for mockups, wireframes, and turning a written concept into something visual you can edit.

Try: *"Turn this app idea into a simple wireframe I can open in Figma."*

Set up: Apps directory > Figma > Connect and authorize your Figma account.

Shopping & Errands



Target ★

APP

Tell it what you need and it finds the products, builds your cart, and gets everything ready to order, no app-hopping. Great for gift runs and restocks.

Try: *"Build me a Target cart for a 6-year-old's birthday party for about \$50."*

Set up: Apps directory > Target > Connect and sign into your Target account.



Instacart

APP

Plan meals and it builds the grocery cart to match, then checks out inside the chat. The first grocery connector with real end-to-end checkout.

Try: *"Give me a healthy dinner plan for the week and add everything to Instacart."*

Set up: Apps directory > Instacart > Connect and log in.



DoorDash ★

APP

Say what you are craving and it finds the food, builds the order, and gets it delivered to your door. It will also do groceries and meal-plan shopping.

Try: *"I want Thai food under \$25 delivered. Find a good option and build the order."*

Set up: Apps directory > DoorDash > Connect and sign into DoorDash.

Getting Around & Going Out



Uber

APP

Book rides and order Uber Eats by just describing what you need. Good for “get me a ride to the airport at 6” without tapping through the app.

Try: “Book me a ride to the airport that gets me there by 6am tomorrow.”

Set up: Apps directory > Uber > Connect and sign into your Uber account.



OpenTable

APP

Find restaurants and actually book the table. Give it a vibe, a time, and a party size, and it hands you real reservations you can confirm.

Try: “Find an Italian spot for 4 near me on Friday at 7 and book it.”

Set up: Apps directory > OpenTable > Connect and log in.

Music



Apple Music ★

APP

Builds playlists for any mood or moment and drops them straight into your library. Subscribers get full library control, everyone can discover and generate.

Try: “Make me a 30-song focus playlist and save it to my library.”

Set up: Apps directory > Apple Music > Connect and sign in with your Apple Account.



Spotify

APP

Same magic on Spotify. Describe the feeling, the artist, the occasion, and it assembles a playlist and can queue it up for you.

Try: “Build a road-trip playlist that feels like early 2000s summer.”

Set up: Apps directory > Spotify > Connect and log into Spotify.

Travel & Home



Booking.com

APP

Plan and book stays by describing the trip. It searches real availability and prices so you can go from “weekend in Austin” to a booked room.

Try: “Find me a well-reviewed hotel in Austin under \$200 a night for next weekend.”

Set up: Apps directory > Booking.com > Connect and sign in.



Expedia

APP

Flights, hotels, and packages from a conversation. Good for comparing options and pulling a whole trip together in one place.

Try: “Plan a 4-day trip to Denver: flights, a hotel downtown, and a rough budget.”

Set up: Apps directory > Expedia > Connect and log in.



Zillow

APP

House-hunt by talking. Set your must-haves and it pulls real listings, prices, and neighborhoods so you can browse without ten tabs open.

Try: “Show me 3-bed homes under \$600k in Raleigh with a yard and good schools.”

Set up: Apps directory > Zillow > Connect (browsing works without a Zillow login).

Learn & Move



Coursera

APP

Find the right course and learn alongside ChatGPT. Ask it to recommend a path, then have it explain the hard parts as you go.

Try: *"I want to learn data analysis. Find me a beginner Coursera path and outline week one."*

Set up: Apps directory > Coursera > Connect and sign into Coursera.



AllTrails

APP

Find hikes and trails that match what you want. Distance, difficulty, dog-friendly, views, it pulls real routes near you.

Try: *"Find me an easy 3-mile loop trail near me with a waterfall and good reviews."*

Set up: Apps directory > AllTrails > Connect and log in.



Peloton

APP

Plan workouts and find the right classes without scrolling. Tell it your time, mood, and goal and it lines up a session.

Try: *"I have 20 minutes and low energy. Find me a Peloton class that fits."*

Set up: Apps directory > Peloton > Connect and sign into your Peloton account.

Staying Safe With Connectors

Connectors are powerful because they can read your data and act on your accounts. That is exactly why you want to be a little careful. None of this is scary, it is just worth five minutes of attention.

Read the permission screen

When you connect something, ChatGPT shows you what it is allowed to access. That is the one screen not to skip. If a connector asks for more than the task needs, stop and think about whether you are comfortable with it.

Keep a human in the loop for money and messages

Anything that spends money or sends a message on your behalf, like placing an order or sending an email, review it before it goes out. Treat the connector like a very fast assistant: great at the work, but you sign off on the important stuff.

Turn off what you are not using

You do not need ten connectors live at once. Connect what you use, and disconnect the rest. Fewer open doors is simply cleaner.

Know how to revoke access

You can disconnect any connector from the same Apps & Connectors settings where you added it. Removing it there cuts ChatGPT's access. For extra peace of mind you can also revoke it from the other app's own connected-apps or security settings.

HEADS UP

Be extra careful giving full email and file access, those hold your most sensitive information. It is fine to use them, just know what you are sharing and keep an eye on what the connector does with it.

30-SECOND SAFETY HABIT

Before you approve any connector, ask one question: does it need this much access to do what I want? If yes, go ahead. If it feels like more than the job requires, skip it or limit it. That single habit keeps you out of almost all trouble.

Getting More Out Of Them

Once you are comfortable, this is where connectors get genuinely fun. A few moves that separate people who dabble from people who get real work done.

Chain them together

The real power is combining connectors in one request. ChatGPT can hand the output of one to the next, so a single sentence covers what used to be five apps.

CHAIN EXAMPLE

```
Check my calendar for free evenings this week,  
find a highly rated sushi place near me open then,  
book a table for two, and add it to my calendar.
```

Be specific, and it gets specific back

“Find me food” gets a shrug. “Thai, under \$25, delivered before 8” gets an order. The more constraints you give, the more useful the result, because the connector has something real to work with.

Name the connector when it hesitates

If ChatGPT answers in text instead of using the tool, say the app's name outright: “Use Zillow for this.” That flips it from talking about the task to doing it.

When it will not work

If a connector is missing or greyed out, it is almost always region or plan. Many are US-first and rolling out elsewhere, and some need a paid plan. It is not you, and it is not broken, it just may not have reached your account yet.

TIP

New connectors get added constantly. Check the Apps directory at chatgpt.com/apps every few weeks. The list in this guide is a strong starting set, not the whole universe.

The One-Page Cheat Sheet

All 20 at a glance. Screenshot this. Star = from my video.

Connector	Use it for	Type
Gmail ★	Read, write, send, and summarize email	Sync
Google Drive	Answer from your own docs and files	Sync
Google Calendar	Check your schedule and find free time	Sync
Dropbox	Search and pull answers from your files	Sync
Adobe Photoshop ★	Edit and retouch photos by voice	App
Canva	Generate finished social posts and designs	App
Figma	Turn ideas into mockups and wireframes	App
Target ★	Find products and build a ready-to-order cart	App
Instacart	Meal-plan and build a grocery cart with checkout	App
DoorDash ★	Find food and get it delivered	App
Uber	Book rides and Uber Eats orders	App
OpenTable	Find restaurants and book the table	App
Apple Music ★	Build playlists into your library	App
Spotify	Generate and queue playlists	App
Booking.com	Search and book hotel stays	App
Expedia	Plan flights, hotels, and trips	App
Zillow	Browse real home listings by talking	App
Coursera	Find courses and learn alongside AI	App
AllTrails	Find hikes that match what you want	App
Peloton	Find the right workout fast	App

YOUR ACTION PLAN

1. Open Settings > Apps & Connectors (or chatgpt.com/apps).
2. Connect the 3 you would use this week.
3. Read the permission screen each time.
4. Run one example prompt from this guide per connector.
5. Disconnect anything you are not actually using.

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Stop reading ChatGPT's answers. Start letting it do the work.