Lovejoy in any chatbot

Five minutes. Works in ChatGPT, Gemini or Claude, free plans included. This is Lovejoy without the eyes: it values, writes, keeps a ledger and drafts every reply, and you do the posting and the pasting.

Setting it up

1. Open lovejoy-prompt.txt from the pack (it opens in Notepad on Windows or TextEdit on a Mac). The whole file is the prompt, nothing else in it. Click inside it, press Ctrl+A then Ctrl+C (Cmd+A then Cmd+C on a Mac) to copy all of it. Do not copy the prompt out of a PDF; PDFs mangle the line breaks.
2. Open a new chat in ChatGPT, Gemini or Claude, paste the whole prompt as your very first message, and press send. That is the setup. It works on every free plan and there is no box to overflow; the prompt is long (about 3,700 words) and some instruction boxes cap what they accept. Lovejoy replies by asking you his handful of questions. The only cost of this route is that you paste the prompt again at the start of each new chat, so keep lovejoy-prompt.txt handy. Optional, if you want him to remember without re-pasting: put the prompt in a Project or Gem instead. Menu names are as of November 2026 and they move; if the box refuses the prompt as too long, go back to the first-message route; if you cannot find the box, ask the chatbot "where do I put instructions for a project?":
   - ChatGPT: a Project (sidebar, New project, then Instructions), or a custom GPT (Explore GPTs, Create).
   - Gemini: a Gem (Gem manager, New Gem, Instructions).
   - Claude: a Project (Projects, New project, Set project instructions).
3. Either way, once Lovejoy has asked his questions and you have answered, send: "Lovejoy, here's what I'm selling" with your photos.

Lovejoy asks you four things first: your first name as buyers see it, your suburb, your floor percentage and your payment methods. Then it values the items and writes the listings.

How a sale runs

1. Value. Photos in, three numbers back (worth, realistic, ask), plus the questions the photos cannot answer.
2. Draft. Lovejoy gives you the exact title, description, price and category. You post it on Marketplace yourself, suburb only in the location field, and tell Lovejoy it is live.

3. Negotiate. When a buyer messages, paste the whole thread into the chat, including anything you already sent. Lovejoy gives you the one reply to send, or says "send nothing". Copy it, send it, repeat.
4. Close. When a buyer agrees a price and time, Lovejoy's reply restates both and says you will send the address. You send it. Cash on the day or a transfer that has landed.

Your ledger on this road is the table Lovejoy keeps in the chat; it shows the updated row after every change. Copy it into a note somewhere safe now and then, because chat memory is not forever. The file lovejoy-ledger.md in the pack is only for the autopilots; you can ignore it here.

What it cannot do

Post for you, or read your inbox while you are asleep. If you want that, you need an autopilot, and there are two.

Autopilot on ChatGPT

ChatGPT's agent mode can open a browser of its own, sign in to Facebook (you type the password, it never sees it), read your Marketplace inbox and reply. With a scheduled task it can do that every three hours. What it cannot do is post your listings: its browser cannot reach the photos on your laptop, and a listing without photos is a listing without buyers. So on this road Lovejoy drafts each listing and you post it yourself, with the photos, in about two minutes; the autopilot takes over from there. No laptop needs to stay on. Tim ran his autopilot on Claude for three months; he tested this ChatGPT route for about a week in November 2026 and it worked. Treat it as the newer road.

1. You need ChatGPT Plus (about US$20 a month). Agent mode and scheduled tasks are paid features.
2. Make a Project called Lovejoy. Paste the Lovejoy prompt (from lovejoy-prompt.txt, Ctrl+A, Ctrl+C) into its instructions and add lovejoy-ledger.md to its files. On this road the file is the master ledger: each run prints the updated ledger at the end of its report, and you paste that back over the file now and then so it does not drift.
3. In a chat inside the Project, turn on agent mode: as of November 2026 it is in the tools menu of the message box (the + or Tools button), listed as Agent. If it is not there, type "how do I turn on agent mode?" and ChatGPT will tell you. Then ask it to open Facebook Marketplace. When it asks you to sign in, do it yourself in its browser window.
4. Once it can see your inbox, make the scheduled task. You do this by asking, in the same chat: type "Please run the following every three hours between 7am and 7pm", paste the block from scheduled-task-prompt-chatgpt.md underneath, and send. ChatGPT confirms the schedule and the task appears under Scheduled in the left sidebar. If it

does not offer to schedule, type "how do I create a scheduled task?" and follow what it says. The block in that file is written for ChatGPT, not for you; you do not need to understand it, only to paste it whole. Then watch the first two runs. As of November 2026 each run posts its report as a new message in that same conversation, and ChatGPT can notify you when a run finishes if you turn notifications on for the task under Scheduled. Read each report before you trust it, and pause the task under Scheduled if anything looks wrong.

5. Each run ends with a short report and the updated ledger. Copy the ledger back into the Project file now and then. To stop it: open Scheduled in the ChatGPT sidebar and pause or delete the task. Nothing runs after that.

Two limits. ChatGPT's browser lives in the cloud, not on your laptop, so it cannot send photos from your folder; it flags photo requests for you instead. And if Facebook asks that browser for a code or a fresh sign-in, the run stops and tells you. It never enters codes.

Which autopilot? If you already pay for ChatGPT, start there. If you are choosing fresh, Claude is the one with three months of listings behind it and it works inside your own Chrome, which Facebook treats as you.