

How to Use ChatGPT Work to Sell Things

Turn random photos into organized, ready-to-review marketplace listings.



one of my real listings

THIS IS WHAT I DID

I gave ChatGPT the chore.

I have a bunch of stuff I've been meaning to sell, but I've never gotten to it.
I'm going to use AI to help me get it done.

- 01 I dumped unnamed, unorganized selling photos into one local folder.
- 02 I opened a Work task in ChatGPT desktop and granted it that folder.
- 03 I signed into Facebook and Nextdoor in the browser inside ChatGPT.
- 04 I asked it to organize, research, draft, and stage. I came back to listings ready for review.

Pick the amount you have.

Each setup shows where to find Work, what to add, and whether you need a Project, folder, or connector. Pick the one that matches your pile.

One item

One chat, one set of attached photos, one listing. No Project needed.

- 1 Find Work.** Open the ChatGPT desktop app and start a new chat. Select Work at the top of the window. You do not need to create a Project for one item.
- 2 Attach the photos.** Under the + button, choose Add photos and files. Select only the photos of this item. No plugin or connector is required.
- 3 Let ChatGPT start working.** Paste the prompt below. Add the condition, size, defects, included parts, and pickup area when ChatGPT asks.
- 4 Hit Enter and let ChatGPT work.** It may ask a few questions and have you sign into Facebook Marketplace or Nextdoor in the browser inside ChatGPT. When it pings you that the listing is ready, review it and press Submit yourself.

COPY THIS · ONE-ITEM PROMPT

I want to sell the item in these attached photos.

First, inspect every photo and tell me what you think the item is. Ask me only for facts you cannot see: condition, size, defects, included parts, and pickup location.

Then research comparable local listings, suggest an asking price, choose the best photo order, and draft a clear title and description.

After I answer your questions, open Facebook Marketplace or Nextdoor in the browser inside ChatGPT. Have me sign in if needed, prepare the listing, and ping me when it is ready for review. Stop before Submit unless I explicitly ask you to publish.

A few items

One Selling Project, with a separate chat for each item. Best for selling over time.

- 1 **Find Work.** Open your Selling Project in the ChatGPT desktop app and start a new chat. Select Work at the top of the window.
- 2 **Set up the Project.** Start one Work chat per item. Under the + button, choose Add photos and files, then attach only that item's photos. A Drive or Sheets connector is optional if you keep the tracking sheet there.
- 3 **Let ChatGPT start working.** Paste the prompt below into the current item chat. Repeat with a separate chat for each item — separate chats keep ChatGPT from mixing photos, prices, or details.
- 4 **Hit Enter and let ChatGPT work.** Answer its questions, sign in when asked, and let it continue. When it pings you the listings are ready, review them and press Submit yourself.

[COPY THIS](#) · [PROJECT PROMPT](#)

This task is for one item in my Selling Project. Use only the photos attached to this task.

Identify the item and ask me for facts you cannot see: condition, size, defects, included parts, and pickup location.

Research comparable local listings, suggest an asking price, choose the best photo order, and draft a clear title and description. Do not mix this item with anything from another task.

Because this Project has more than one item, start a simple tracking sheet with one row per item and these columns: Item, Asking Price, Platform, Drafted, Staged, Published, Sold, Sale Price, and Notes. Ask me where to keep the sheet before creating it, then use that one sheet as our source of truth.

After I answer your questions, open Facebook Marketplace or Nextdoor in the browser inside ChatGPT. Have me sign in if needed, prepare this listing, and ping me when it is ready for review. Stop before Submit unless I explicitly ask you to publish.

A messy batch ← *what I did*

One local folder full of loose photos, plus a desktop Work task. Best for a closet or garage.

- 1 **Find Work.** Open the ChatGPT desktop app and start a new chat. Select Work at the top of the window. You may also start this chat inside a Selling Project.
- 2 **Create the local folder.** Make a folder on your computer, add all the photos of items you need to sell, and name it something like Selling. This is the folder you will give ChatGPT Work access to.
- 3 **Let ChatGPT start working.** Paste the prompt below. Under the + button, choose Add project or folder, then find and select your Selling folder. ChatGPT may ask you to approve access.
- 4 **Hit Enter and let ChatGPT work.** Answer its questions, sign in when asked, and let it continue. When it pings you the listings are ready, review them and press Submit yourself.

[COPY THIS](#) · [MESSY-BATCH PROMPT](#)

```
Look through every image in the local folder I gave this Work chat. The photos may show several items.
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Group the photos by item. Do not rename, move, or overwrite the source files. Inside the folder, create Organized. Make one folder per item, with Originals, Prepared Photos, listing.md, and Receipts.
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Create upload-ready photo copies in the best order. Rename each copy with the item name plus a number.
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For each item, identify what it is, tell me what facts you still need, research similar prices, suggest an asking price, and draft the title and description.
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Create Selling Tracker.csv inside the Selling folder, with one row per item and these columns: Item, Asking Price, Platform, Drafted, Staged, Published, Sold, Sale Price, and Notes. Use this tracker as our source of truth and update a status only after it is verified.
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```
After I answer your questions, open Facebook Marketplace and Nextdoor in the browser inside ChatGPT. Have me sign in if needed, prepare the listings, and ping me when they are ready for review. Stop before Submit unless I explicitly ask you to publish.
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[THE GLOBAL LESSON](#)

Three permissions to notice.

- **File access.** An attachment, a Project upload, and a local folder are three different ways of granting access.
- **Website access.** Facebook or Nextdoor must be open in the browser inside ChatGPT. Sign in there, then allow access when asked.
- **Action approval.** Publishing makes the listing public. Review and press Submit yourself by default; delegating that final click is optional and should happen only after review.

IF YOU HAVE MORE THAN ONE ITEM

Keep one tracking sheet.

Ask ChatGPT to keep a single source of truth — a **Selling Tracker** with one row per item and these columns:

Item · Asking Price · Platform · Drafted · Staged · Published · Sold · Sale Price · Notes

Have it update a status only after that status is actually verified — not from memory.

THE BOUNDARY

You keep the judgment.

Review before publishing. ChatGPT prepares the listings and stops before Submit. You look them over — price, photos, description — and press Submit yourself. Delegating that last click is optional, and only after you've reviewed. The labor can go; the discernment stays.

ChatGPT handles the preparation. *You keep the judgment.*

THINK WITH 

vanessachang.com/sell-with-chatgpt