

— PINTEREST AUTOMATION · FOR BRANDS & CREATORS

Pinterest on *#autopilot.*

How I trained an AI agent to design the pin, write the caption, A/B test it, publish it, and log it — three pins a day, two different brands, zero hands on keyboard. This is the exact setup, every prompt included.

works for **Shopify stores**

works for **Etsy sellers**

works for **creators & UGC**

works for **digital products**

3/day

PINS PUBLISHED PER
BRAND, DAILY

2

BRANDS RUNNING ON THE
SAME SYSTEM

A/B

CAPTION TEST
ALTERNATING
AUTOMATICALLY

10

COPY-PASTE PROMPTS
INSIDE

Pinterest is a search engine. *Treat it like one.*

A TikTok dies in 48 hours. A pin compounds — it keeps surfacing in search for months, sometimes years, and every single one carries a clickable link to your product. That makes Pinterest the rare channel where **consistency beats brilliance**: showing up with three decent, keyword-rich pins every single day outperforms one masterpiece a month.

Nobody has time to do that by hand. So I stopped doing it by hand. I run this system live for two of my own brands, and they are deliberately opposite — so whichever kind of business you have, one of them is your blueprint.

CASE 01 · DIGITAL PRODUCT

Little Black Book

A \$29.99 directory of verified brand contacts for creators. **No product photos exist** — so the agent generates moody, on-brand pin designs in Canva every day, verifies the text, and publishes. 2 product shots + 1 real-review pin daily.

CASE 02 · SHOPIFY STORE

Crimson Dawn Lightsabers

A custom lightsaber shop. **The product photos already exist** on the Shopify CDN — so no Canva at all. The agent rotates through an 18-product queue, writes cinematic captions, alternates A/B variants, and publishes 3 pins at 5PM daily.

— WHAT ONE RUN LOOKS LIKE

01 reads your brand files

02 picks today's products / images

03 designs or downloads the pin

04 verifies text & link

05 writes SEO title + caption

06 applies today's A/B variant

07 publishes to your board

08 updates the post log

09 reports back to you

The honest pitch: this takes about an hour to set up properly, runs in roughly 10 unattended minutes a day, and replaces the social media task you were never going to do consistently anyway. Everything below is the exact setup — prompts included, nothing held back.

What you need *before you start.*

The whole system runs on the **Claude desktop app** (the agent + scheduler), the **Claude in Chrome extension** (it drives the actual Pinterest pin builder in your browser, like an employee would), and optionally the **Canva connector** (only if the agent is designing your pins). No Zapier, no Pinterest API keys, no third-party schedulers.

PIECE	WHAT IT DOES	WHERE
Claude desktop app	Runs the agent + the daily schedule (Cowork mode, scheduled tasks)	claude.ai/download
Claude in Chrome	Lets the agent open pinterest.com, upload the image, fill the form, hit Publish	Chrome Web Store
Canva connector	Generates pin designs (only needed for the Canva path)	Claude → Settings → Connectors
Pinterest business account	Analytics + claimed website. Stay logged in inside Chrome	pinterest.com/business
A brand folder	One folder on your computer holding voice guide, queue, and post log	Documents or Downloads

— PRE-FLIGHT CHECKLIST

- **Pinterest business account** with your website claimed, and the board you'll post to already created (e.g. "UGC Creator Tips", "Crimson Dawn Lightsabers").
- **One exact destination URL.** Decide it now and never deviate: a product page or collection page, not your homepage. Every pin links there. (LBB pins go to the product page; Crimson Dawn pins go to the proprietary-designs collection.)
- **Chrome extension installed and Pinterest logged in** — in the same Chrome profile, and it stays logged in.
- **A brand folder** created (you'll fill it in Step 1).
- **The app open at run time.** Scheduled agents fire while the desktop app is open. If it's closed at 3PM, the run fires at next launch instead — it doesn't vanish, it just waits.

The one ritual that matters: after you build the agent, press **"Run now"** on the scheduled task once and approve the Chrome + Canva permission prompts when they appear. Approvals granted during a task's own run carry forward — that's what makes every future run hands-free. Skip this and your first 3PM run will stall waiting for a click.

Teach it your *#brand* first.

This is the step everyone skips, and it's why most "AI social media" looks like AI. An agent without a voice file writes captions like a LinkedIn intern. The fix is a single markdown file the agent **re-reads at the start of every run** — your voice, your banned words, your honest claims, your one link.

Here's the actual skeleton of mine for Little Black Book — steal the structure:

BRAND-VOICE.MD · WHAT GOES IN IT

- **The one-sentence vibe** — "write like someone texting a friend a secret, not like someone selling a course."
- **Voice rules** — lowercase always, short sentences, confident never desperate, no em dashes.
- **Banned forever** — "unlock", "game-changer", "level up", "elevate", fake scarcity, hype emojis.
- **The claim floor** — facts the agent may state but never exceed: "1,000+ brands, 1,400+ verified contacts." It can claim less, never more.
- **The only link** — the exact product URL, written out, with "never the homepage, never Etsy."

WHY EACH ONE MATTERS

Vibe + voice rules make every caption sound like you wrote it.

Banned words are your taste, encoded. Every brand has phrases that make them cringe — write them down once and they never appear again.

The claim floor is the legal + trust guardrail. An unattended agent must never invent a stat, promise results, or quote a fake review.

One link means every pin is measurable against one destination. Attribution stays clean.

Don't write this file yourself — make the agent interview you and draft it:

PROMPT 01 · BRAND VOICE INTERVIEW

COPY-PASTE INTO CLAUDE

You are my brand strategist. Interview me one question at a time (max 10 questions) to build a brand voice guide for [BRAND NAME], which sells [PRODUCT + PRICE] to [AUDIENCE]. Cover: the vibe in one sentence, tone rules, words and phrases I never want used, the honest claims we can make (numbers I can prove), my exact destination URL, and 3 example captions in my voice vs 3 examples of what to avoid. Then save it as brand-voice.md in my [BRAND FOLDER] folder. Keep it under one page. It will be re-read by an automated posting agent before every run, so make every rule explicit and testable, not vibey.

Brands with compliance needs: put mandatory disclaimers in this file too. Crimson Dawn's rule — every pin must carry "(excludes mystery boxes)" next to the promo code — lives at this layer, marked NEVER BREAK. The agent treats those two words as law.

Pick your image path: *Canva, website, or folder.*

Where do the pin images come from? There are exactly three answers, and choosing right is the biggest fork in the whole setup. My two brands deliberately use different paths.

PATH	BEST FOR	HOW IT WORKS	NEEDS CANVA?
A · Canva-generated	Digital products, services, coaches, anyone with no photo library (my LBB)	Agent generates a fresh on-brand design daily, exports it, verifies the text , fixes glitches, then posts	Yes — connector
B · Website photos	Shopify / eCommerce stores with product photography (my Crimson Dawn)	Agent pulls product images straight off your site's CDN by URL pattern, rotating through a product queue	No
C · Local folder	Creators, photographers, Etsy sellers with a camera roll of content	Agent picks from a folder of your photos/videos, tracks what it used so nothing repeats	No

HOW TO CHOOSE IN 10 SECONDS

- Product photos already on your website? → **Path B**. Cheapest, fastest, most reliable — nothing to design or verify.
- Folder full of your own photos/videos? → **Path C**. Real content beats generated content when you have it.
- Neither? Selling something invisible? → **Path A**. Canva makes the visual; your job is describing it well (next page).

MIX THEM

Paths stack. LBB runs **2 Canva product shots + 1 Canva review pin** daily. An Etsy seller could run 2 listing photos (Path B) + 1 lifestyle shot from their camera roll (Path C). You define the daily mix in one line of the master prompt: `TODAY'S MIX: 2 product + 1 review`.

Whatever the path, aim for **2:3 vertical images (1000x1500px)** — Pinterest's preferred ratio and the single cheapest reach upgrade there is.

Video, too: Path C handles video files the same way — Pinterest's pin builder accepts MP4 uploads, and video pins get prime placement in search. If your folder has both, tell the agent the ratio you want (e.g. "1 of the 3 pins should be video when available").

Getting the *right design* out of Canva.

Canva generation lives or dies on the description. "Make a nice pin for my product" gets you a generic template with placeholder text. What works is an **aesthetic recipe**: fixed ingredients that never change, plus a rotation list so daily pins don't look identical. Here's the actual recipe LBB runs on:

FIXED · EVERY SINGLE PIN

- **Subject:** a matte black hardcover book with a gold skeleton-key emblem

- **Scene:** dark veined marble, warm candlelight, deep shadows

- **Type:** lowercase serif headline, small footer with the exact product URL

- **Format:** design_type "pinterest_pin" (vertical)

ROTATED · SO IT NEVER REPEATS

- **Angle:** standing book / overhead flatlay / macro of the gold key

- **Headline:** rotates through 3 pre-written lines, e.g. "the only brand contact list creators actually use"

- **Props:** optional gold scissors, dried flowers, a phone showing the directory

PROMPT 02 · CANVA DESIGN BLOCK (DROP INTO YOUR MASTER PROMPT)

COPY-PASTE

PRODUCT SHOTS: generate via Canva generate-design (design_type "pinterest_pin").
 Aesthetic: [SUBJECT – be physical and specific: materials, colors, one hero object],
 [SCENE – surface, lighting, mood, 2-3 optional props]. Vary the camera angle each
 day: [ANGLE 1 / ANGLE 2 / ANGLE 3]. Headline (in [lowercase serif / your type style])
 rotates among: ["HEADLINE 1" / "HEADLINE 2" / "HEADLINE 3"]. Subtext: "[ONE PROOF
 LINE, e.g. 1,000+ verified brand emails, sorted by niche]". Footer must read exactly:
 [YOUR-URL].

VERIFY BEFORE POSTING (critical): for each design, export a PNG, download it, then
 READ the image and check: (a) headline spelled correctly, no garbled words,
 (b) NO leftover Canva placeholder text such as "reallygreatsite" or a stray @handle,
 (c) the footer shows exactly [YOUR-URL]. If anything fails, fix it in Canva with
 find-and-replace on the exact text, re-export, and re-verify. Never publish an
 image that fails these checks.

— WHY THE VERIFY STEP IS NON-NEGOTIABLE

Canva templates ship with dummy text, and AI-generated designs occasionally garble a word. The agent literally **opens its own exported image and proofreads it** before posting — in my real runs it has caught and auto-fixed placeholder URLs like "www.reallygreatsite.com" that would have gone live on a public pin. When a check fails, it does a find-and-replace inside Canva on the exact bad text, re-exports, and re-checks. The result: in months of daily runs, zero misspelled pins have been published.

Review pins (social proof on autopilot): give the agent your real testimonials — verbatim, in quotes, with the rule "use ONLY these, never invent reviews" — and have it lay one over the same scene with five stars and "verified buyer". Alternate which quote runs day to day. Real words, real trust, zero effort.

Shopify & eCommerce: *your photos, rotated.*

If your products are already photographed on your site, do not generate anything. Your CDN is a free, always-current image library. Crimson Dawn's agent never touches Canva — it builds each image URL from a pattern and downloads it fresh:

THE CDN PATTERN (SHOPIFY EXAMPLE)

HOW IT WORKS

```
https://www.yourstore.com/cdn/shop/files/{file}_1200x1200.jpg?v={v}
→ {file} and {v} live per-product in product-queue.json
→ the agent downloads, verifies it's a valid JPEG, then uploads to Pinterest
```

The brain of Path B is a **product queue** — one JSON file listing every product with its image reference, price, a marketing angle, three extra hashtags, and a stock flag. The agent takes the next 3 each day and loops forever:

PRODUCT-QUEUE.JSON · REAL STRUCTURE (TRIMMED)

EXAMPLE

```
{
  "pin_link": "https://www.crimsondawn.com/collections/proprietary-designs",
  "next_index": 3,           ← where tomorrow's run starts
  "next_variant": "B",      ← today's A/B caption variant
  "last_posted_date": "2026-06-09",
  "products": [
    {"name": "Oath Keeper", "file": "GD_1431", "v": "1724252760", "price": "$149.99",
      "angle": "collector display",
      "extra_tags": ["#realisticlightsaber", "#displaysaber", "#starwarscollectible"],
      "in_stock": true},
    {"name": "Padawan v2", ... "angle": "gift starter under-100 kids", ...},
    {"name": "Beskarius", ... "angle": "mandalorian beskar warrior", ...}
    ... 18 products total, looping
  ]
}
```

The `angle` field is the secret. "Collector display" vs "gift starter under-100" vs "cosplay cinematic" tells the agent which buyer to write the caption for — so 18 products produce months of pins that never read the same twice.

`in_stock: false` gets skipped automatically; nothing sold-out ever gets promoted.

PROMPT 03 · BUILD MY PRODUCT QUEUE

COPY-PASTE INTO CLAUDE

```
Go to my store [YOUR-STORE-URL] and look at the [COLLECTION NAME] collection.
Build me a product-queue.json in [BRAND FOLDER] with: pin_link set to [THE ONE
COLLECTION/PRODUCT URL ALL PINS LINK TO], next_index 0, next_variant "A", and a
products array where each product has: name, its image file reference from the
site's CDN, price, a one-line marketing angle (who is this pin for: gift buyer,
collector, beginner, etc – vary them), 3 extra hashtags specific to that product,
and in_stock true/false. Exclude [ANYTHING THAT SHOULD NEVER BE PROMOTED, e.g.
mystery boxes, clearance]. Skip products whose images duplicate another product's.
```

Etsy sellers: same play — or simpler, download your listing photos into a folder and run Path C. The queue structure stays identical either way.

A folder of photos & videos *becomes a pipeline.*

For creators, photographers, and anyone with a camera roll full of content: point the agent at a folder, and it becomes the content manager — picking the best unused file each day, pairing it with a caption angle, and keeping a ledger so nothing posts twice.

FOLDER SETUP (5 MINUTES)

- 01 Make `[BRAND FOLDER]/pins/` and drop in 30+ photos or videos (vertical if you have them).
- 02 Optionally sort into subfolders the agent can treat as content types: `/products`, `/lifestyle`, `/testimonials`, `/behind-the-scenes`.
- 03 Name files descriptively when you can — `red-dress-beach.jpg` writes a better caption than `IMG_4302.jpg`. (Not required; the agent looks at the image either way.)
- 04 Keep feeding it: drop new content in whenever. The used-files log means new files automatically jump the queue.

WHAT THE AGENT DOES WITH IT

- **Looks at each image before writing** — captions describe what's actually in the photo, not generic filler.
- **Tracks used files** in `used-files.md` so the rotation never repeats until everything's been posted once.
- **Balances content types** if you gave it subfolders (e.g. 2 product + 1 lifestyle daily).
- **Tells you when the well is low** — "only 6 unused files left" in its end-of-run report, so you top up before it runs dry.

PROMPT 04 · FOLDER-SOURCE BLOCK (DROP INTO YOUR MASTER PROMPT)

COPY-PASTE

```
IMAGES: pick today's [N] files from [BRAND FOLDER]/pins/. First read used-files.md and EXCLUDE anything already listed. Prefer a mix of [e.g. 2 from /products + 1 from /lifestyle, and use a video file at least once per day when available]. Open and look at each chosen image before writing its caption — the title and description must reflect what is actually shown. If fewer than [10] unused files remain, mention it in the end-of-run report. After publishing, append each used filename + date + pin title to used-files.md.
```

Quality gate, encoded: add one line — "skip any file that is blurry, dark, or horizontal if a vertical alternative exists" — and the agent curates while it posts. You can also have it lightly process files (crop to 2:3, brighten) before upload; just say so in the block.

Anatomy of a prompt that *runs unattended*.

The master prompt is the agent's job description. The difference between one that works at 3PM with nobody watching and one that face-plants is structure. Mine all follow the same eight sections — this is the architecture both of my live engines run on:

SECTION	WHAT IT DOES	REAL EXAMPLE LINE
1 · Role + mission	One sentence: who the agent is, what one run produces	"You are the 24/7 marketer for LBB... publish 3 fresh pins that drive traffic to the product page."
2 · Source of truth	Files to re-read every run: voice guide, queue, log	"Read these first, every run: posting-rules.md, product-queue.json, post-log.md"
3 · Preconditions	What must be true, and the order to stop, not improvise	"If Chrome is not connected or Pinterest is not logged in, STOP and report. Do not attempt workarounds."
4 · Image source	Your Path A / B / C block from pages 6–8	"From product-queue.json read next_index. Select the next 3, skipping in_stock=false."
5 · Copy rules	Title spec, description spec, link, board, topics	"Title: SEO, lowercase, 40-60 chars... Description: 200-300 chars... end with a soft CTA."
6 · Hard rules	The NEVER list — compliance, repeats, banned language	"Never repeat the same image or caption structure two days in a row. No em dashes."
7 · State updates	Advance the rotation, flip the A/B variant, write the log	"Set next_index = old + 3, flip next_variant, append a row to post-log.md."
8 · Report back	What you read with your coffee	"Report the 3 pin titles published, the variant used, and anything that needed a fix."

THE THREE RULES OF UNATTENDED PROMPTS

FAIL CLOSED

Tell it when to give up: "if X is unavailable, STOP and report — do not force it." An agent that skips a run and tells you why is fine. An agent that improvises around a missing login is how weird things get published.

EXACT STRINGS

Anything that must appear verbatim — URLs, promo codes, disclaimers — write it out in full, in quotes, with the word "exactly." Never "add the link"; always the entire URL, characters and all.

VERIFY, THEN PUBLISH

Build in a self-check before every publish: read the image, confirm the footer, confirm the board name, confirm the success toast appeared before starting the next pin.

Next page: the full template with every placeholder marked. Fill in the green, delete what doesn't apply, paste the whole thing.

Prompt 05 — the *master template*.

PROMPT 05 · DAILY PINTEREST ENGINE (FILL THE GREEN, PASTE IT ALL)

COPY-PASTE

You are the daily Pinterest marketer for [BRAND]. Each run: create and publish [3] pins to the "[BOARD NAME]" board, then update the log. This runs unattended on a schedule – be thorough and follow every rule exactly.

SOURCE OF TRUTH (read these first, every run):

- Brand voice: [BRAND FOLDER]/brand-voice.md – follow it exactly.
- Queue + state: [BRAND FOLDER]/product-queue.json (or pins folder for Path C)
- Log: [BRAND FOLDER]/post-log.md

THE ONLY DESTINATION LINK: [EXACT-URL] (never the homepage, never any other link).

PRECONDITIONS: confirm Chrome is connected and pinterest.com is logged into [ACCOUNT NAME]. If either is unavailable, STOP and report the run was skipped and why. Do not attempt workarounds.

IMAGES: [PASTE YOUR PATH A, B, OR C BLOCK FROM PROMPTS 02-04 HERE]

TODAY'S MIX: [e.g. 2 product pins + 1 review pin].

A/B VARIANT: read next_variant from the queue file and apply it to ALL pins today (details per the A/B block), then flip it for the next run.

POST EACH PIN via <https://www.pinterest.com/pin-creation-tool/> :

1. Upload the image (use the file input).
2. Title: 40-60 characters, keyword-rich, written for search. Rotate among formulas like: ["how to [RESULT]" / "[PRODUCT] for [AUDIENCE]" / "why [AUDIENCE] love [PRODUCT]" / "[PRODUCT] | [HOOK]"]. Never identical to yesterday's titles.
3. Description: 200-300 characters in the brand voice, weaving these search terms naturally: [5-8 KEYWORDS YOUR BUYER SEARCHES]. End with a soft CTA. Then the hashtag line: [8-10 BASE HASHTAGS] + the product's extra tags from the queue.
4. Link field = the destination link above.
5. Confirm the board selector reads "[BOARD NAME]" before publishing.
6. Tagged topics: type [TOPIC 1], wait for the dropdown, pick the exact suggestion; repeat for [TOPIC 2 / TOPIC 3]. If the dropdown shows stale results, clear the field and retype.
7. Click Publish and confirm the success state before starting the next pin.

HARD RULES (never break):

- Never repeat the same image or caption structure two days in a row.
- Every pin must include [MANDATORY DISCLAIMER / PROMO LINE, if any] exactly as written.
- Never post or mention [EXCLUDED PRODUCTS / TOPICS].
- Banned language (see brand-voice.md): [YOUR TOP BANNED WORDS]. No em dashes.
- Never invent reviews, stats, or claims beyond the claim floor in brand-voice.md.

AFTER POSTING: advance next_index by [3] (loop to 0 at the end of the list), set last_posted_date to today, flip next_variant, and append one row to post-log.md:
| date | pins posted | products/files used | variant | notes |

AT THE END: report the [3] pin titles you published, the variant used, the new next_index, and anything that needed a regenerate or fix. If the run was skipped, say exactly why.

A/B test titles & captions *while you sleep.*

Most people guess what caption works. The agent can find out. The system is simple: define two variants, store which one is "up" in a single field (`next_variant`), apply that variant to **all of today's pins**, then flip it for tomorrow. Day after day, the test runs itself.

LIVE EXAMPLE · CRIMSON DAWN'S RUNNING TEST

Variant A — promo code in the caption; headline clean: "Oath Keeper Custom Lightsaber | Crimson Dawn Exclusive"

Variant B — promo code in the headline: "Beskarius Lightsaber | 10% Off Code PARDONMYPREACH"; caption omits the code.

Both always keep the compliance lines ("excludes mystery boxes", "only found at crimsondawn.com") — **you test position, never compliance.**

THINGS WORTH TESTING

- **Code placement** — title vs caption (the test above)
- **Hook style** — question hook vs statement hook
- **Price in title** — "\$54.99" shown vs hidden
- **Keyword-first vs name-first titles** — "custom lightsaber | Oath Keeper" vs the reverse
- **CTA wording** — "shop the collection" vs "see the full list"

PROMPT 06 · A/B ADD-ON BLOCK (DROP INTO YOUR MASTER PROMPT)

COPY-PASTE

```
A/B CAPTION TEST (alternate daily): read next_variant from the queue file and
apply it to ALL [3] pins today, then flip it (A→B, B→A) when updating state.
- Variant A: [e.g. promo code in the CAPTION; headline has no code. Caption ends:
"10% off with code [CODE] ([DISCLAIMER])."]
- Variant B: [e.g. promo code in the HEADLINE; caption omits the code but still
carries the disclaimer line.]
BOTH variants must always include [NON-NEGOTIABLE LINES]. Record the variant
used in today's post-log row.
```

HOW TO SCORE IT (GIVE IT 2-4 WEEKS)

- 01 Open **Pinterest Analytics** → **Pin stats**, set the date range to your test window, and sort pins by **outbound clicks** (clicks are the business metric — impressions flatter, clicks pay).
- 02 Your **post log says which variant each day ran**. Tally outbound clicks for A-days vs B-days. Saves are your tiebreaker.
- 03 Winner becomes the default. Then start the next test — change **one variable at a time**, or you won't know what won.
- 04 Better: don't do this manually. Ask the agent — "compare outbound clicks for variant A days vs variant B days using my post log and Pinterest analytics, and recommend a winner." (More in Step 6.)

The post log is the *memory*.

An agent with no memory posts the same product twice, repeats yesterday's caption, and can't tell you what variant ran last Tuesday. Two tiny files fix all of it — and the agent maintains both itself, every run.

POST-LOG.MD · THE LEDGER

date	pins	products	variant
2026-06-07	3	Titan, Covenant, Spire	A
2026-06-08	3	Warden, Peacekeeper, Solarius	B
2026-06-09	3	Oath Keeper, Padawan v2, Noctis	A

Append-only, one row per run. This is also your A/B scorecard and your audit trail if anything ever looks off.

QUEUE STATE · 3 FIELDS THAT DO THE WORK

- `next_index` — where the product rotation resumes tomorrow. Advances by 3 each run, loops to 0 at the end. **Guarantees no repeats.**
- `next_variant` — which A/B caption is up. Flips every run. **Guarantees the test alternates.**
- `last_posted_date` — lets the agent detect a double-fire or a missed day and say so in its report.

For Path C, `used-files.md` plays the role of `next_index` — a list of filenames already posted.

PROMPT 07 · LOGGING ADD-ON (DROP INTO YOUR MASTER PROMPT)

COPY-PASTE

AFTER POSTING (update state — never skip this even if only some pins published):

- In `[BRAND FOLDER]/product-queue.json`: advance `next_index` past the items used (loop to 0 at the end of the list), set `last_posted_date` to today (YYYY-MM-DD), flip `next_variant`.
- Append one row to `[BRAND FOLDER]/post-log.md`:

today's date	number posted	product or file names	variant	notes
In notes, record anything unusual: a regenerated design, a skipped product, a substituted hashtag, a tag that wouldn't load.				

Why "even if only some pins published" matters: if pin 3 of 3 fails, you want the log to say 2 posted and the rotation to advance by 2 — otherwise tomorrow's run re-posts today's pins. State accuracy beats state tidiness.

Turn it on, *then trust it.*

Once the master prompt works in a live test, scheduling is one sentence. Claude's desktop app has built-in scheduled tasks — you describe the cadence in plain English and it becomes a recurring agent run.

PROMPT 08 · SCHEDULE COMMAND

COPY-PASTE INTO CLAUDE

```
Schedule this as a daily task called "[BRAND] pinterest daily" that runs every day at [3PM] my time, using the master prompt we just finalized as the task instructions. After scheduling, I'll press Run Now once to pre-approve the browser and Canva permissions.
```

— THE LAUNCH RITUAL (DO THESE ONCE, IN ORDER)

- 01 **Live test first.** Run the master prompt manually in a chat and watch it post 3 real pins end to end. Fix anything weird now, while you're watching.
- 02 **Schedule it** with Prompt 08. Note the time is your computer's local time, and the scheduler adds a few minutes of jitter (3:00 becomes ~3:07 — that's normal, and honestly more human).
- 03 **Press "Run now"** on the task in the Scheduled panel and approve every permission prompt (Chrome, Canva, files). Approvals granted during the task's own run carry forward — this is what makes every future run hands-free.
- 04 **Verify the run:** 3 new pins on your profile, correct link, clean text, right board. Check the post log got its row.
- 05 **Know the two conditions:** the app must be open at run time (a missed run fires at next launch instead), and Chrome must be connected with Pinterest logged in.

— THE WEEKLY CHECK-IN (YOUR ONLY RECURRING JOB)

Once it's live, your role shrinks to one weekly review — and you can schedule that too:

PROMPT 09 · WEEKLY PERFORMANCE REVIEW AGENT

COPY-PASTE INTO CLAUDE

```
Schedule a weekly task for [MONDAY 9AM]: open Pinterest analytics for my account, pull the last 7 days of impressions, saves, and outbound clicks for the "[BOARD]" board, cross-reference my post-log.md to attribute results to products and A/B variants, and give me: top 3 pins by outbound clicks, the A vs B running tally, any product that's underperforming its angle, and ONE specific change to test next week. Keep it under 200 words.
```

Reality check from my own logs: one of my first scheduled runs died with a "529 Overloaded" server error. The agent checked Pinterest, confirmed nothing had posted (zero duplicates), and the next day's run worked perfectly. Transient errors happen — the system is built so a failed run costs you one day's pins, never a mess.

Troubleshooting: *every glitch I've actually hit.*

These aren't hypotheticals — each row below happened in my real runs, and each fix is now baked into my prompts. Bake them into yours from day one.

WHAT HAPPENS	THE FIX (PUT IT IN THE PROMPT)
Canva leaves placeholder text — "reallygreatsite.com" or a stray @handle on the design	The verify step catches it: export, read the image, find-and-replace the exact text in Canva, re-export, re-check. Never publish unverified.
Garbled headline word in a generated design	Same verify loop. Spelling check is explicitly listed: "headline spelled correctly with no substituted or garbled words."
Pinterest tag autocomplete lags — dropdown shows stale matches for the topic you typed	"If the dropdown shows stale results, clear the field and retype." My agent hit this on 'Email Marketing' and self-corrected.
Duplicate hashtags — a product's extra tag already exists in your base tag line	"If an extra tag duplicates a base tag, substitute a sensible alternative." Mine swapped #cosplaylightsaber → #cinematicsaber on its own.
Your exact topic doesn't exist in Pinterest's tagged-topics taxonomy (there is no "lightsaber" topic)	"Pick the closest real topic ([e.g. Star Wars Art]); the hashtags in the description are the functional tags." Approximate is fine here.
529 / overloaded server kills a run	Don't panic-rerun. Have the agent check the profile first: "confirm what posted before retrying, so we never create duplicates."
Pin count looks wrong right after posting	Pinterest's counters lag. "Reload the board before counting pins to verify."
A temp folder isn't writable on a later run	Have the agent download images into your brand folder (a path it always owns), not /tmp. Mine made this call itself mid-run and noted it in the report.
Draft pins pile up from interrupted runs	They auto-expire in 30 days, or clear them manually in the Pinterest drafts panel. Harmless either way.
Run didn't fire at all	The app wasn't open at run time. It fires at next launch. For a missed day, just let it — tomorrow's run continues the rotation cleanly.

The meta-lesson: a good unattended agent isn't one that never hits problems — it's one with permission to handle them and a duty to report them. That's why the master prompt ends with "report anything that needed a fix." Read those reports; they're where your next prompt improvement comes from.

Level-ups, once the *loop is boring*.

"Boring" is the goal — three clean pins a day, log filling up, zero surprises. Once you're there, these upgrades are worth their effort, roughly in this order:

01 · GO 2:3 VERTICAL

1000×1500px. Square pins get cropped and out-reached. If you're on Path B with square CDN images, have the agent re-crop or generate tall variants. The single highest-ROI tweak on this page.

02 · VIDEO PINS

The pin builder takes MP4s, and video gets priority placement in search. Path C folks: drop clips in the folder and set a ratio ("1 of 3 pins is video when available").

03 · SEASONAL ANGLES

Add a seasonal line to the queue's angle field windows ahead — Pinterest users plan 30-60 days early. "Gift starter under-100" becomes "stocking stuffer" in October, not December.

04 · MULTIPLE BOARDS

Split by intent once volume justifies it: "Lightsaber Gift Ideas" vs "Cosplay Sabers". Same engine, a board field per product in the queue.

05 · FRESH BEATS REPINS

Pinterest rewards fresh pins — new image + new copy, even for the same product. The rotation already gives you this; resist the urge to "just repin winners." Make a new pin of the winning product instead.

06 · MONTHLY CREATIVE REFRESH

Once a month, ask the agent: "review the post log + analytics, retire the 3 worst-performing headline formulas, and propose 3 new ones in my voice." The rotation list stays alive instead of going stale.

07 · SECOND BRAND, SAME MACHINE

My two engines share zero brand files but the same architecture. A second brand is a second folder + a second scheduled task at a different hour. Keep voices strictly separated — my prompts even say "no LBB language on Crimson Dawn pins."

08 · KNOW YOUR CHANNEL LIMITS

I looked hard at auto-posting Lemon8: it's mobile-only to post and allows no outbound links — so it can't be automated this way and can't convert directly. Pinterest's superpower is that every pin is a door to your store. Spend your effort where the door is.

Your 60-minute quick-start.

FOR BRANDS · SHOPIFY / ETSY / ECOMMERCE

- 01 **Decide the one URL** all pins link to (best collection or bestseller page).
- 02 **Prompt 01** — build brand-voice.md (15 min interview).
- 03 **Prompt 03** — have Claude build product-queue.json from your store, with angles, extra tags, and exclusions (sold-out, clearance, anything off-limits).
- 04 **Prompt 05** — assemble the master prompt with the Path B block; add the A/B block (Prompt 06) testing promo-code placement and the logging block (Prompt 07).
- 05 **Run it live once** in chat and watch all 3 pins publish.
- 06 **Prompt 08** — schedule daily; press Run Now; approve permissions.
- 07 **Prompt 09** — schedule the Monday review. Done.

FOR CREATORS · UGC / DIGITAL PRODUCTS / SERVICES

- 01 **Decide the one URL** — your product page, booking page, or link-in-bio storefront.
- 02 **Prompt 01** — build brand-voice.md. Creators: include your claim floor ("I've worked with 30+ brands", not "brands love me").
- 03 **Pick images:** got a camera roll? **Prompt 04** (folder path). Selling something invisible? **Prompt 02** (Canva path) — write your aesthetic recipe: one hero object, one scene, three rotating headlines, exact footer URL.
- 04 **Got real testimonials?** Add a daily review pin — verbatim quotes only, "never invent reviews."
- 05 **Prompt 05** — assemble the master; add A/B (test hook style first) + logging.
- 06 **Run live once**, then **Prompt 08** to schedule + Run Now ritual.
- 07 **Prompt 09** — weekly review. Top the folder up when it warns you.

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The order matters: voice file → image path → master prompt → live test → schedule. People who skip the live test end up debugging at 3PM through a scheduled run's report instead of fixing it in five minutes while watching. Don't be that person.

Want me to just *#do-it* for you?

Everything in this guide is DIY-able in about an hour. But if you'd rather skip the hour — I'll set the whole engine up **with you on a call**: voice file, image path, master prompt, A/B test, post log, schedule, and a live test run before we hang up. You watch it post its first pins.

SETUP · ONE-TIME

\$25

One brand, one board, full engine: brand training, your image path (Canva, website, or folder), master prompt, A/B + log, scheduled and tested live on the call. Pay, and you land straight on my calendar to book your slot.

WHAT YOU LEAVE WITH

- An agent posting daily without you
- Your brand files, yours to keep & edit
- A running A/B test + post log
- Me, one email away when you want to scale it

[BOOK MY SETUP · \\$25 ↗](#)

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