

SETUP GUIDE

Build Your First AI Agent

The 3-step pattern for building agents that run 24/7 and do real work while you're not watching.

01 — WHAT YOU'LL LEARN

- ✓ What an AI agent actually is — and why it's not a chatbot
- ✓ The 3-step pattern that works for any repetitive task
- ✓ A real example: 82 posts analyzed without writing a single note

IN THIS GUIDE

- 1 Pick a Repetitive Task** Choose something predictable — content research, file sync, metrics tracking.
- 2 Describe It to Claude Code** Explain the workflow in plain English: data source, what to do, where results go.
- 3 Schedule It** Set it to run daily, hourly, or on a trigger. The agent handles duplicates automatically.

What Makes a Good Agent Task Repetitive, predictable, data-oriented, low-judgment work.

Stack You'll Need Python 3, Notion or Google Sheets, launchd (Mac) / cron (Linux) / Task Scheduler (Windows).

The Content Research Example 82 posts analyzed, zero notes written — same 3-step pattern.

02 — WHAT IS AN AI AGENT?

An AI agent is not a chatbot. It's a program that runs on your computer, performs a specific task automatically, and triggers on a schedule or an event. You build it once. It works for you every day without being asked.

The difference matters. A chatbot waits for you. An agent acts. You describe the workflow, Claude Code writes the code, and then it runs — whether you're at your desk or not.

BUILD ONCE, RUN FOREVER

-- The 3-Step Agent Schedule



Pick a task, describe it, schedule it. The same 3 steps work for any repeatable workflow.

03 — STEP 1: PICK A REPETITIVE TASK

Start with something you do manually that's predictable and doesn't require much creative judgment. If you find yourself doing the same thing more than twice a week, it's a candidate.

- ✓ Syncing content between platforms
- ✓ Analysing saved posts or bookmarks
- ✓ Organising files and folders
- ✓ Tracking metrics and sending yourself a report
- ✓ Monitoring for changes — prices, inventory, competitor mentions

THE TEST

What makes a good agent task? Repetitive (you do it regularly), predictable (the steps don't change), data-oriented (inputs and outputs are clear), and low-judgment (the decision logic is simple enough to describe in writing).

04 — STEP 2: DESCRIBE IT TO CLAUDE CODE

Open Claude Code and explain the workflow in plain English. Be specific about four things: where the data comes from, what to do with it, where the results go, and how often to run.

EXAMPLE PROMPT

```
"Build me an agent that logs into Instagram every night, pulls my saved collection, transcribes the audio with Whisper, sends each post to Claude for analysis (hook framework, performance tier, tactical notes), and saves the results to a Notion database. Run it at 2am daily."
```

PRO TIP

Don't try to describe a 10-step system on the first attempt. Pick one task, get it working, then add complexity. An agent that does one thing reliably is more valuable than one that tries to do everything and breaks.

05 — STEP 3: SCHEDULE IT AND FORGET IT

Once the agent is built and tested, schedule it to run automatically:

✓ **Mac:** launchd (built-in, no install required)

✓ **Linux:** cron

✓ **Windows:** Task Scheduler

Set it to run daily, hourly, or on a trigger. The agent checks for new work, skips duplicates, and only processes what's new.

THE STACK

Claude Code (builds the agent) + Python 3 (runtime) + Notion or Google Sheets (output) + launchd/cron/Task Scheduler (scheduler). Optional: Whisper for audio transcription, Claude Haiku for fast analysis.

06 — REAL EXAMPLE: THE CONTENT RESEARCH AGENT

I built an agent that logs into Instagram every morning, pulls my saved collection, transcribes reel audio with Whisper, sends each post to Claude for analysis (hook framework, performance tier, tactical breakdown), and saves everything to a searchable Notion database.

- ✓ 82 posts analyzed so far. Zero notes written.
- ✓ Every insight is tagged, searchable, and waiting when I need it.
- ✓ That agent took about 40 minutes to build. It now saves roughly 3 hours a week.

Want this for your team?

I run AI training and consulting at [Fruitful AI](#). [Book a thirty-minute call](#) on where the time goes in your team, and whether training is the thing that fixes it. Here are some of the tools I use to build my apps and solutions.

[Claude Code](#)

The AI coding agent I build with. I built my dashboard with it.

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