

Set up Grok Bot and give it your first real job

Install it, create your first AI teammate, and hand it work that runs without you. No coding.

WHAT IT IS

An AI teammate with its own computer

Grok Bot is not a chatbot you ask questions. You create a "Bot", give it a job, and message it like a colleague. It has its own computer in the cloud, signs into the tools you use, does the work, and comes back when something needs your approval. It keeps working when your laptop is closed.

WHAT IT DOES

Finishes the work inside your actual tools

- Works across websites, apps, inboxes and files, not just in a chat window
- Remembers how you like things done and gets better the more you use it
- Learns a task from watching you once, then repeats it on a schedule
- Runs several Bots at once, each with its own job, and they can hand work to each other

WHAT IT REPLACES

The admin between your real work

Sorting email, writing up notes, chasing replies, researching leads, pulling together a weekly overview. The jobs you'd hand to an assistant if you had one, or try to glue together with automation tools. With Grok Bot you just describe the job in a message.

BEFORE YOU START

Two things to check

1. A paid plan. Grok Bot is in beta and only works with a paid SuperGrok subscription (any tier) or a paid Cursor plan. There is no free version.

→ **To check:** if you pay for Grok through your phone, open **Settings → your name → Subscriptions** on iPhone, or **Play Store → profile picture → Payments & subscriptions** on Android. Look for SuperGrok. If you don't have it, upgrade in the Grok app first.

2. Which computer you have. The desktop app runs on Mac, Windows and Linux. There's also an app for iPhone and Android.

→ **To check on a Mac:** click the Apple logo (top-left) → **About This Mac**. If you see "Chip", you need the **Apple silicon** download. If you see "Processor", you need **Intel**.
On Windows: **Settings → System → About → System type**. It says x64 or Arm64.

STEP 1

Install the app

1 Go to x.ai/bot and choose the download for your computer

Pick the version that matches what you found above.

2 Mac: open the downloaded file, drag **Grok Bot** into **Applications**, then open it. If your Mac asks "Are you sure?", click **Open**.

Windows: run the installer, then open Grok Bot from the Start menu.

On your phone instead? Search "Grok Bot" in the App Store or Google Play. Same Bots, same account.

STEP 2

Sign in and link your plan

1 Click Sign in and finish in the browser window that opens

Grok Bot uses a Cursor account (the company behind it). If you don't have one, you create it here. Then switch back to the app.

2 If you pay through SuperGrok, link it

Desktop: **Settings → Usage & Billing → Link SuperGrok** (the button names your tier). Phone: tap **Link Grok Account**, then **Finished Linking? Refresh My Status**.

3 Answer the short intro questions

It asks which tools you use. This only shapes its suggestions and doesn't connect anything yet. Its cloud computer sets up in the background, so a short wait here is normal.

STEP 3

Create your first Bot

On **Meet a future teammate**, pick a suggestion or choose **Create your own**. Give it a name, one job, and a description of how it should work. One focused Bot works better than one that does everything.

Name: Nora
Job: Inbox assistant
Description: Go through my inbox every morning. Sort emails into urgent, routine and can wait. Draft replies to routine emails in my tone. Never send anything without my approval.

STEP 4

Give it a first task

Type in the message box, or press ⌘/Ctrl + D to talk. A good task says what should be **finished**, **where** to look, what to **avoid**, what to **give back**, and when to **stop and ask you**. Start with something safe:

"Summarize this document in five bullets. List every date, decision and open question separately. Do not change the file."

Attach any document with the paperclip. This needs no logins, so you see how it works in a few minutes.

STEP 5

Let it into your tools

1 When the Bot asks you to sign in somewhere, open Agent Computer in the chat

You take over its screen, type your password or 2-step code yourself, then hand control back. Never paste passwords into the chat.

2 Or connect an app from Marketplace in the sidebar

For supported apps you log in once in your browser. Your logins stay saved on the Bot's computer.

STEP 6

Make it repeat the job

1 Correct the result until it's how you want it

Say what should stick: "Use this format every time from now on."

2 Ask it to save the job as a skill or a routine

A routine runs on a schedule, even with your laptop closed. That's it.

MORE USE CASES

Five jobs to give it, with a message to start

JOB	WHAT TO SEND YOUR BOT
Run your inbox	"Every morning, sort my new emails into urgent, routine and can wait. Draft replies to routine ones. Don't send anything."
Meetings and calls	"Here are my notes from today's call. Write up the key points, list next steps with who owns them, and draft the follow-up for me to approve."
Work while you're away	"Overnight, research these 10 companies from their websites. For each, give me what they do, who to contact, and a first message draft. Don't contact anyone."
Chase what you forgot	"Check my inbox for conversations where I'm waiting on a reply for over a week. List them and draft a short, polite follow-up for each."
Keep you updated	"Every Friday, give me one short overview: what got done, what's stuck, and what needs a decision from me. Link the source for each item."

GOOD TO KNOW

Keep the brakes on. Add "don't send" or "ask me first" to anything that emails people, spends money or changes settings. Loosen it once you trust the results.

All your Bots share one computer. A login you give one Bot is available to every Bot you run.

Some sites block bots. If a site needs a code, a CAPTCHA or a new login, the Bot hands that step to you.

Usage resets weekly and is separate from your normal Grok or Cursor usage. **It won't start?** Check your Cursor privacy settings, since Grok Bot needs cloud storage switched on.