

The Content Autopilot System

Let Claude Cowork research, write and schedule your daily CPA content — you just post it (the ban-safe way)

“Autopilot” that gets your Reddit account banned isn’t autopilot. It’s a refund waiting to happen.

CommissionOS writes your Reddit and Quora posts. But you still do the daily grind by hand: finding the right threads, generating today’s batch, keeping a schedule. This system hands that grind to Claude Cowork — on a timer — while keeping the one part that must stay human, human.

The golden rule: automate prep, not posting

Reddit, Quora and TikTok kill accounts that post like bots. So we never automate the click that publishes. We automate everything *before* it.

Automate (let Cowork do it)	Keep human (you do it)
Finding fresh buyer-intent threads/topics	The actual posting click
Writing the day’s posts + reply drafts	Spacing posts out like a real person
Building a dated posting queue + checklist	Replying to anyone who comments

Why this matters: this is the exact line the Ban-Proofing Vault draws. Cross it and no bonus saves your account.

Step 1: Create the daily Cowork task

In Claude Cowork, set up a scheduled task that runs every morning. Point it at your workspace folder so it saves each day’s pack. Paste this as the task:

"Every morning at 7am: for my CPA offer [OFFER + PRELANDER LINK], generate today’s free-traffic content pack. Give me 3 Reddit posts (each tagged with the subreddit from my list and a value-first angle), 3 Quora answers targeting buyer-intent questions, and 5 short reply/comment drafts. Add a UTM tag per item (utm_content = platform_source_number) so I can track them. Save it as a dated doc and give me a simple posting checklist with suggested times spaced through the day."

If you have a saved subreddit list, tell Cowork to pull from it (“use my subreddit list in [file]”) so posts are matched to the right communities.

Step 2: Post like a human (15 minutes)

- Open the dated pack. Post 1–2 items now, the rest spaced across the day — never all at once.
- New account? Follow the 9:1 rule (nine helpful posts per one link). Warm it first — see the Ban-Proofing Vault.
- Tweak one line per post so they’re not identical. 30 seconds; it keeps you human.
- Check back once for replies — engagement is what Reddit and Quora reward.

Step 3: Feed the results back

Each item already carries its UTM tag. Drop the clicks and leads into your **Unified Tracking Sheet**. After a week, tell Cowork “make more like my winners” — now the autopilot writes toward what’s actually converting.

Do this now: set up the morning Cowork task with the prompt above, pointed at your offer and subreddit list. Tomorrow you'll wake up to a finished content pack + checklist — and spend 15 human minutes turning it into traffic.

Always follow each platform's rules and each network's terms. This system automates research, writing and scheduling — the posting stays yours, on purpose.