STEP-BY-STEP GUIDE

Hermes Agent Desktop

Full setup. Real use cases.

Set up the Hermes Desktop app, organise your agents, slash your costs, and build automated workflows that find business opportunities while you sleep.

Beginner · 45 min · Hermes Agent · Free to start

@learnwithseb

One system at a time. Built, not theorised.

Contents

01 The Game Plan

02 What You Need

03 Set Up Sessions and Save Money

04 Set Up Profiles for Different Models

05 Use Artifacts as Your Second Brain

06 Manage Skills and Set Up Cron Jobs

07 Build an Automated Opportunity Scanner

08 Validation

09 Keep Building

10 Quick Reference

© 2026 Learnwithseb — Hermes Agent Desktop

The Game Plan

Hermes Agent is one of the most powerful AI agent platforms available right now. The new Desktop app makes it dramatically easier to use — no CLI, no Telegram workarounds, just a clean interface for managing your agents.

> **NOTE**
> Based on a tutorial by Greg Eisenberg featuring Alex Finn. Full video: https://www.youtube.com/watch?v=EJm8Ka-gVOc. This guide rebuilds the walkthrough as a step-by-step reference in plain English.

Who this is for

- Solopreneurs who want AI agents handling research, content, and business tasks
- Anyone already using Hermes through Telegram or CLI who wants a better experience
- Creators and builders curious about practical AI agents — not just chatbots

What you will set up

- Hermes Desktop with organised sessions that keep your costs low
- Multiple agent profiles tuned to different AI models and tasks
- Automated cron jobs (scheduled tasks) like a daily morning brief
- A business opportunity scanner that finds real problems to solve

What You Need

You can get started with just the desktop app and one AI model. Local hardware is optional — it unlocks unlimited free inference but is not required.

TOOL	WHAT IT DOES	COST
Hermes Agent Desktop	Your main agent interface	**Free app**
Claude Opus (or similar)	Powers your primary agent	**Usage-based**
ChatGPT / GPT model	Strong for coding tasks	**Usage-based**
DGX Spark or Mac Studio	Runs local models for free inference	**~$4,800 (optional)**
Qwen (local model)	Free unlimited research and tasks	**Free (needs local hardware)**

© 2026 Learnwithseb — Hermes Agent Desktop

TIP

You do not need local hardware to follow this guide. Start with cloud models. If you prove the value to yourself, consider investing in local inference later.

STEP 01

Set Up Sessions and Save Money

Open Hermes Desktop. The first thing you will notice is **sessions** — each conversation lives in its own thread on the left sidebar. This is a massive upgrade from Telegram, where most people dumped everything into one long chat.

Why sessions matter for your wallet

Every time you send a message, the agent reads the entire conversation history above it. One giant thread with hundreds of messages means every new message costs significantly more. By splitting your work into separate sessions — one for content, one for research, one for coding — you keep the context slim and your costs low.

COMMON MISTAKE

Using one long thread for everything is the number one reason people complain about high Hermes bills. Separate your topics into different sessions. Use the ***/new*** command to start a fresh session when you switch tasks.

Organise your sessions

- Create a new session for each distinct task or topic
- Pin important sessions so you can find them quickly
- Group sessions into folders for ongoing projects
- Watch the context window indicator at the bottom — when it fills up, start a new session

STEP 02

Set Up Profiles for Different Models

Look at the bottom of the sidebar. You will see your agent **profiles** listed there. Each profile is a completely separate agent with its own skills, personality (soul.md), memories, and conversation history.

How to think about profiles

Organise profiles **by model, not by job role**. Each AI model has different strengths, and matching the right model to the right task saves money and gets better results.

© 2026 Learnwithseb — Hermes Agent Desktop

PROFILE	MODEL	BEST FOR	COST
Main agent	Claude Opus	Strategy, planning, complex reasoning	**Most expensive**
Coder	GPT (ChatGPT)	Building apps, writing code	**Moderate — generous limits**
Researcher	Qwen (local)	Quick research, web searches, daily tasks	**Free (local inference)**

TIP

You do not need 50 profiles for product manager, designer, writer, and so on. These models are generally intelligent enough to handle multiple roles. Keep it simple — one profile per model, matched to that model's strengths.

Click any profile name at the bottom to switch instantly. No more terminal commands or CLI juggling.

STEP 03

Use Artifacts as Your Second Brain

Open the **Artifacts** section in the sidebar. This automatically collects every link, image, file, and piece of media you have sent to or received from your agent. Think of it as a searchable archive of everything your agent has touched.

How to use it

- Drop links into your agent without any instructions — they get filed automatically
- Search artifacts by keyword to find anything you have saved
- Use a dedicated profile (e.g. 'Librarian') as your link-saving agent
- Browse all images and files your agent has generated in one place

This replaces the manual 'second brain' workflow where you had to tell your agent to file things under specific categories. Now it just happens.

STEP 04

Manage Skills and Set Up Cron Jobs

Clean up your skills

Open the **Skills** section. Your Hermes agent comes with over 150 skills installed by default — and it creates new ones in the background as you work. Each active skill adds context to your agent, which increases cost. Go through the list and turn off any skills you do not use.

© 2026 Learnwithseb — Hermes Agent Desktop

WATCH OUT

Hermes silently creates skills based on your activity. Check this section regularly and disable anything irrelevant to keep your costs down.

Set up cron jobs (scheduled tasks)

Click the **Cron** section at the bottom of the app. This shows every scheduled task your agent has. You can create new ones manually here — no CLI required. The big advantage over Telegram is you can actually confirm your cron jobs were created and will run.

Here is how to set up a daily morning brief using the **reverse prompting** technique.

PROMPT — COPY & PASTE INTO HERMES AGENT

I want to set up a morning brief with you for every morning at 9:00 AM.

My interests are: [LIST YOUR INTERESTS — e.g. AI, stock investing, tech, your favourite sport/team].

Based on what you know about me, what would be the best prompt I can use to set this up with you?

THE REVERSE PROMPTING TECHNIQUE

Do not write the cron job prompt yourself. Brain dump your interests and context, then ask the agent to write the optimal prompt for you. The agent is smarter than your first attempt — let it help you write the instruction it will follow.

The agent will return a detailed, well-structured prompt that specifies fresh data (last 24 hours), formatting rules (bold headers, bullets), and coverage areas tailored to your interests. Copy that prompt and use it as your cron job.

STEP 05

Build an Automated Opportunity Scanner

This is the most powerful use case from the tutorial. Set up a cron job that automatically scans Reddit, X, and other platforms for real problems people are having — then tells you which ones you are positioned to solve.

What the scanner does

- Reads Reddit threads, X posts, and forums for complaints and challenges
- Identifies specific problems real people are expressing

© 2026 Learnwithseb — Hermes Agent Desktop

- Cross-references those problems against your skills and assets
- Suggests your first move to solve each problem
- Optionally builds a working prototype for promising ideas

PROMPT — COPY & PASTE INTO HERMES AGENT

Set up a recurring task that runs every morning at 9:00 AM.

Your job is to scan Reddit, X, and relevant forums for real challenges and frustrations people are expressing right now — particularly in [YOUR NICHE, e.g. AI tools, small business, content creation].

For each opportunity you find:
1. Quote the source thread or post
2. Summarise the core problem in one sentence
3. Explain why I am positioned to solve this (based on what you know about my skills and projects)
4. Suggest my first move

Format the output as a clean dashboard. Lead with the strongest opportunities. Include source links so I can read the original threads.

TIP

If you have local hardware (DGX Spark or Mac Studio), run this on your local model — it is completely free. Without local hardware, run it once daily instead of every 20 minutes to keep costs reasonable.

Sub-agents vs profiles — when to use which

SCENARIO	USE	WHY
Building an app with 5 features	**Sub-agents**	Same skill set (coding), just done in parallel
Research → Script → Thumbnail	**Multiple profiles**	Different skills needed — researcher, writer, image generator
Quick research while coding	**Switch profiles**	Use your free local model for research, paid model for code

Validation

Before you start relying on your setup, run through this checklist to make sure everything is working properly.

© 2026 Learnwithseb — Hermes Agent Desktop

- ✓ You have at least 2-3 profiles set up for different models
- ✓ Your sessions are organised by topic, not dumped into one thread
- ✓ You have disabled unused skills in the Skills section
- ✓ At least one cron job is set up and confirmed in the Cron section
- ✓ Your context window is staying slim (check the indicator at the bottom)
- ✗ You are using one giant thread for all your conversations
- ✗ You have 50 role-based profiles (product manager, designer, intern...)
- ✗ You are paying over $1,000/month without knowing why

Keep Building

You have got the foundations in place. Here is where to take it next.

- Connect your opportunity scanner to Idea Browser for automated idea validation
- Set up a content research cron job that feeds into your script writing workflow
- Use the Artifacts section as a running swipe file — drop interesting links in daily
- Experiment with Tool Sets to group skills for complex multi-step workflows
- Consider local hardware once you have proven the value — a DGX Spark ($4,800) gives you unlimited free inference

TIP

Think of your Hermes setup as an investment, not a subscription. Cloud AI is usage-based — the better you manage context, sessions, and model selection, the more value you extract per pound spent.

Quick Reference

FEATURE	WHERE TO FIND IT	WHAT IT DOES
Sessions	Left sidebar	Separate conversations to keep context slim and costs low
Profiles	Bottom of sidebar	Switch between agents running different AI models
Artifacts	Sidebar menu	Searchable archive of all links, images, and files
Skills	Settings area	Turn skills on/off to manage cost and context

© 2026 Learnwithseb — Hermes Agent Desktop

FEATURE	WHERE TO FIND IT	WHAT IT DOES
Cron Jobs	Bottom of app	Create and verify scheduled tasks
Sub-agents	Agent window	Parallel copies of your main agent for multi-task work
Context indicator	Bottom bar	Shows how full your context window is — start fresh when full
Model switcher	Top area	Change models and thinking settings on the fly

Cost-saving cheat sheet

ACTION	SAVINGS
Use separate sessions per topic	Reduces context sent with every message — can cut bills 3-4x
Match models to tasks	Use cheaper models for simple tasks, expensive ones only for strategy
Disable unused skills	Less context loaded = lower cost per message
Run local models for repetitive tasks	Completely free once hardware is set up
Start new sessions when context fills up	Prevents runaway costs from long conversations

BuildWithSeb — Hermes Agent Desktop
Built by **@learnwithseb** · One system at a time. Built, not theorised.
© 2026 Learnwithseb. All rights reserved.