

What is YOLO Mode in Cursor? How to activate it for 100% AI-automated programming.

This guide shows you how to activate YOLO Mode in Cursor so that the AI ??automatically executes commands, enabling super-fast programming and breakthrough creativity.

In the world of AI programming, speed and seamlessness are crucial. If you're used to clicking "Approve" on every line of code suggested by the Cursor , then **YOLO Mode** is the key to completely freeing yourself from that laborious task.

YOLO stands for "You Only Live Once," a mode that allows AI to act more boldly, confidently, and most importantly, automatically implement changes without constant manual intervention from humans.

What is YOLO Mode? Why do professional programmers crave it?

YOLO Mode is a special setting in Cursor's AI Agents. When activated, it changes the AI's behavior from a "waiting for commands" state to an "actively executing" state.

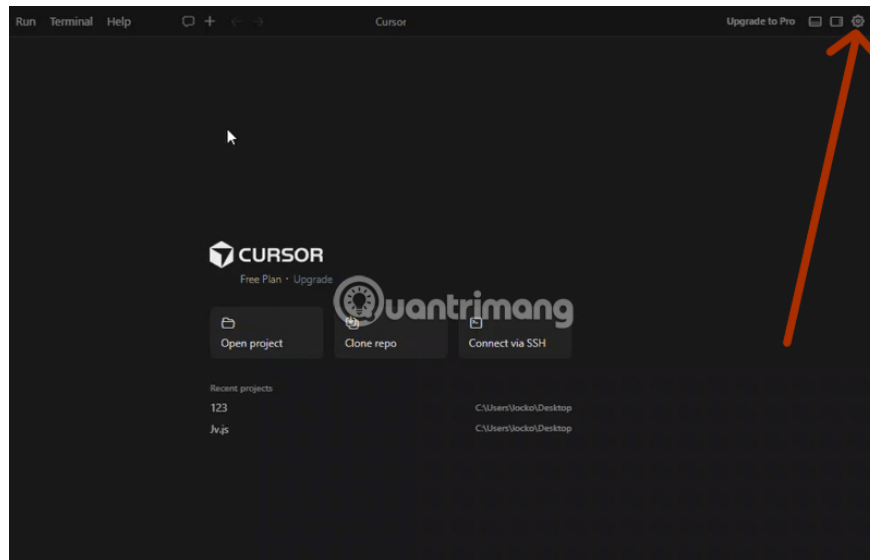
1. **Boldness:** AI will offer more innovative, less conservative solutions to complex code structures.
2. **Auto-run:** Instead of stopping to ask if you want to run this terminal command or save this file, AI will automatically execute it.
3. **Streamline the process:** Eliminate intermediate validation steps, preventing interruptions to the programmer's thought process.

Detailed instructions on how to enable YOLO Mode in Cursor

The latest version of Cursor has refined the settings interface for easier user access. Please follow these steps:

Step 1: Open the Settings control panel (Cursor Settings)

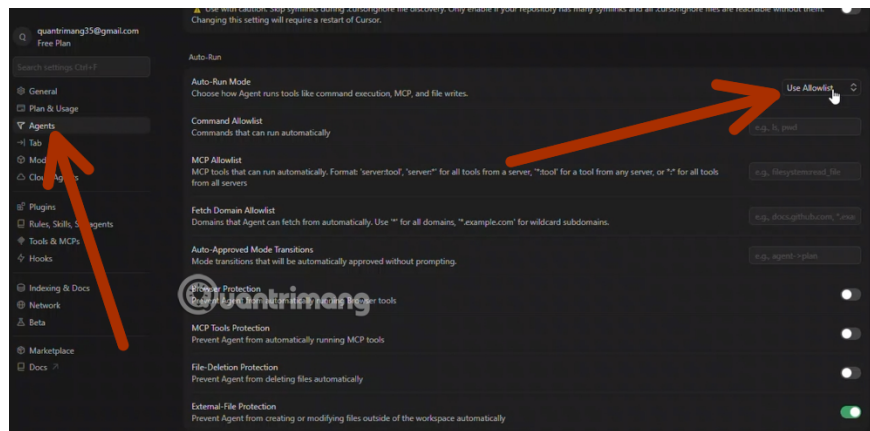
On Cursor's main interface, you can click **the gear icon** in the upper right corner. Or, for the quickest way, use the magic keyboard shortcut: `Ctrl + Shift + J` (Windows Linux /) or `Cmd + Shift + J` (macOS).



Step 2: Access the AI ??Agents menu and find the Auto-run (YOLO Mode) configuration.

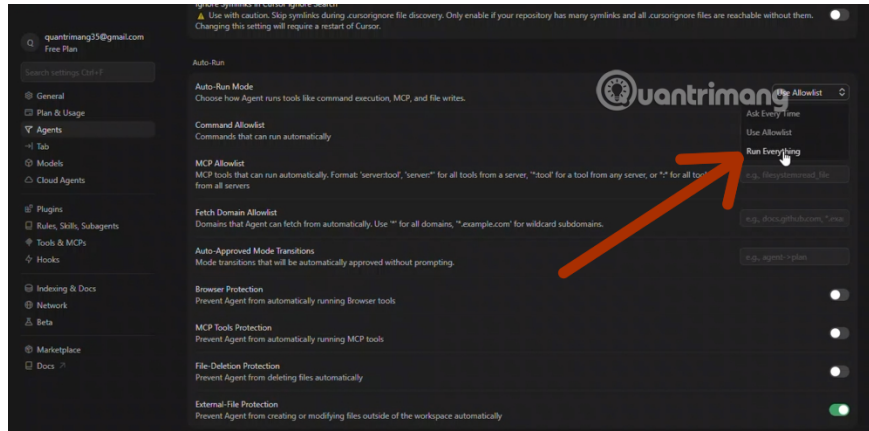
In the left-hand menu of the Settings window, find the **Agents** section . This is where you manage Cursor's "brain," defining how your AI Agent interacts with the system.

In the Agents menu, scroll down to the section titled **Auto-run** or **YOLO Mode** . Here you will see the AI ?? intervention levels.



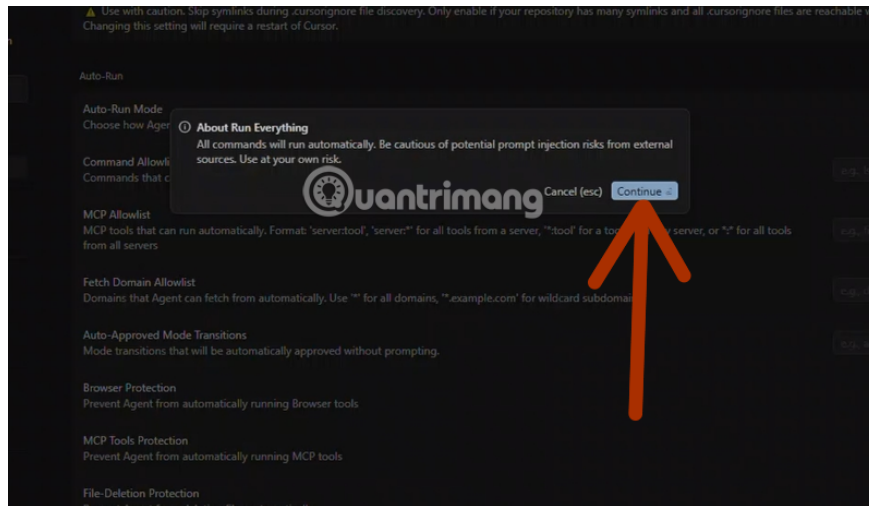
Step 3: Switch to "Run Everything" mode.

To fully enjoy the power of YOLO, change the option from "Ask for Permission" to **"Run Everything"** .

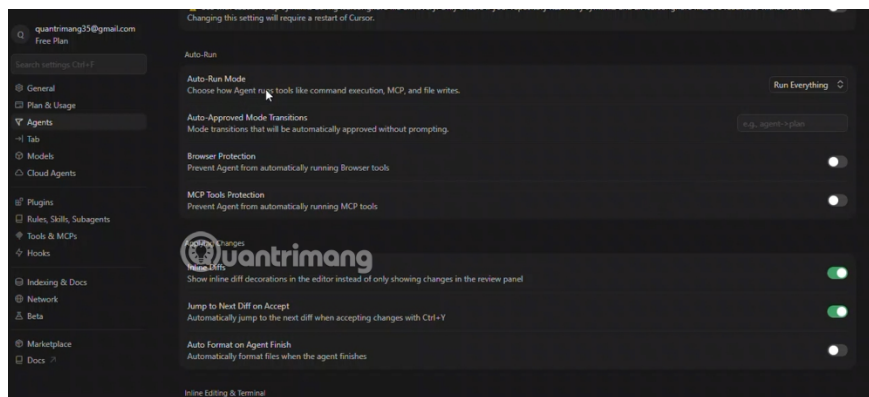


Step 4: Confirm and save changes

A warning message will appear to reassure you that the AI will have permission to execute commands on your computer.



Press **Continue** to confirm, and you have now enabled "unlimited" mode for your AI.



Supabase: A solid "support system" for projects connected with Cursor

When you use YOLO Mode to build applications quickly, you need a backend system that's equally fast and powerful. That's why many developers choose **Supabase**.

See how to link Supabase with Cursor here > [How to activate Supabase in Cursor](#)

What is Supabase?

Supabase is an open-source Backend-as-a-Service (BaaS) platform built on the PostgreSQL engine. It provides all the necessary tools to build a complete product without requiring you to set up complex servers yourself.

Benefits of combining Supabase with Cursor:

1. **Deployment speed:** Supabase provides a ready-made database, authentication (user verification), and storage. Cursor's AI can quickly write functions to call APIs to Supabase.
2. **Deep data understanding:** When connecting Supabase to Cursor via MCP (Model Context Protocol), AI can directly "see" data tables to write 100% accurate code without you having to describe it again.
3. **Scalability:** PostgreSQL is an extremely powerful database management system, making your application ready to handle loads from millions of users.

Power scenarios: When YOLO Mode combines with MCP GitHub and Supabase

Imagine you're in YOLO Mode and have successfully connected your GitHub MCP to Supabase. This is your workflow:

Requirement: "AI, create a Dashboard page displaying revenue from the table `orders` in Supabase and push the code to the branch `feature/analytic` on GitHub."

AI Actions (YOLO Mode): * The AI ??automatically queries table configurations from Supabase.

1. The AI ??automatically creates a new file and writes complete Next.js code.
2. The AI ??automatically opens the terminal, runs the command `git checkout -b`, and `git push`.
3. **Result:** You just sit back and watch the code unfold on the screen, and everything is done in the real-world environment.

Important note: "Great power comes with great responsibility."

Although YOLO Mode is very powerful, it's not for the careless:

1. **Terminal control:** Since the AI ??will automatically execute commands, ensure you are in the correct project directory. Avoid the AI ??accidentally running delete commands (such as ``delete` rm -rf`) in sensitive locations.

2. **SQL Testing:** When working with Supabase, the AI may execute commands UPDATE or statements on its own DELETE. Always monitor the Cursor log window to see what it's doing to your database.
3. **Development Environment:** Always enable YOLO Mode in the development environment (Local or Staging). Absolutely do not use this mode when directly connecting to the customer database (Production) if you want to avoid some "heartbreaking" surprises.

Summary

YOLO Mode in Cursor is more than just a setting; it's a new programming mindset: **Programming with ideas instead of by hand**. Combined with the stability of **Supabase** and the connectivity of **MCP**, you have the most powerful toolset of 2026.

Try YOLO Mode today, start with small projects to get used to the speed of AI, and you'll find that writing code has never been so exciting.

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