

THE SAPPHIC GAZE · FREE GUIDE

Find Your People, Your Person & Your Peace

A starter guide to lesbian community, dating, and self-security — by Nicole Lea, your sapphic coach.



"You were never too much. You were just in the wrong rooms."

PART ONE

Finding community

Belonging rarely finds you at home. It finds you in rooms you chose to walk into.

1. Go where the regulars are

Sapphic book clubs, queer run clubs, pottery nights, softball leagues, and LGBTQ+ center events. Repeat attendance beats one big night out.

2. Use the right apps for friendship

Lex, HER, Meetup, and Bumble BFF. Search your city + “sapphic,” “queer women,” or “WLW.”

3. Say one true sentence

“I’m new to queer community and looking for my people.” Honesty is magnetic.

4. Follow up within 48 hours

Community is built in the second conversation, not the first.

Journal prompt: Where do I feel most like myself — and who is usually there?



PART TWO

Dating with standards

Know your non-negotiables

Write three things you need (respect, consistency, emotional honesty) and three you will no longer accept.

Dress like the truest version of you

Choose one piece that feels like your identity, not a costume. Confidence reads before style does.

Choose first dates that let you talk

Coffee, a bookstore, a garden walk, a queer-owned café. Ninety minutes, easy exit.

Watch actions, not chemistry

Intensity is not intimacy. Consistency is the real green flag.

Journal prompt: What did my last connection teach me about what I actually deserve?



PART THREE

Building self-security

Name yourself, privately first

Write your identity in your own words. Visibility starts on paper.

Practice the boundary sentence

"That doesn't work for me." Say it out loud until it feels normal.

Choose your safe people

List three people you could call tonight. If the list is short, that is your starting point — not your failure.

Here is the honest truth: a guide gives you a map. It cannot walk the road with you. Most women read lists like this, feel inspired for a day, and stay exactly where they are — not because they lack desire, but because they lack a guide who knows the rooms, the people, and the next step for *their* life.

The Queer Standards Blueprint · \$249

13 lessons across 5 parts — Become Yourself, Visible, Connected, Intimate, Whole — with a guided journal. Go deeper at your own pace.

sapphicgazeclub.lovable.app/queer-growth-compass

1-on-1 Coaching with Nicole · \$99/hour or 4 sessions for \$349

The transformation happens with someone beside you. I'll tell you what to wear, where to go, who to contact — and connect you to community, romance, and security. You don't have to figure it out alone. You need a guide. Let it be me.

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