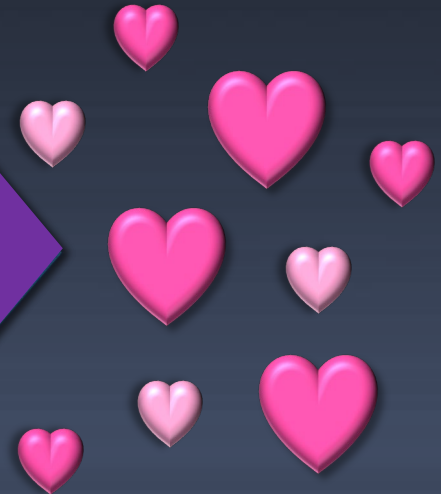


# Commitment Issues: From User Stories to Love Stories

Exploring Agile Metrics with the Drama and  
Romance of Reality TV

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**Annie Bagay**  
**Quantech Services, Inc.**  
**May 2025**



# The Agile Journey – Is It Similar to a Reality Show?

- **Hypothesis: Reality TV is agile**
- **Sure, why not?**
- **Agile Teams vs. Contestants**
  - Both are navigating uncertainty and forming decisions based on limited information
  - Decision-making through collaboration, compromise, and iterative improvement
- **Contestants' Journey:** Emotional discovery and making judgments
- **Agile Teams' Journey:** Estimating, prioritizing, and delivering value with evolving knowledge



# Agenda

- Introduction to the layout of a reality TV show
- Brief intro of Agile processes and metrics with comparison to reality TV
- Group Activities



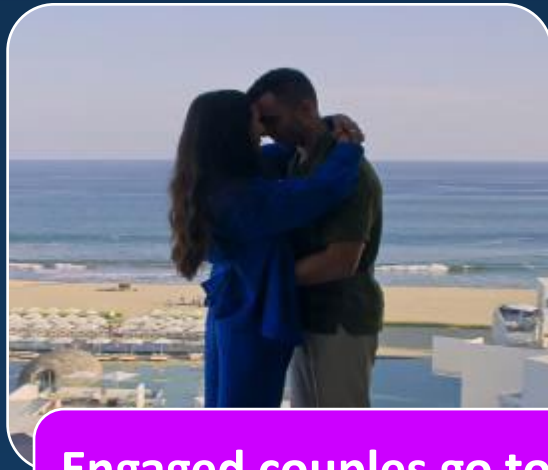
\*Along the way we'll differentiate which is agile and which is the **reality TV**

# What is Love is Blind?

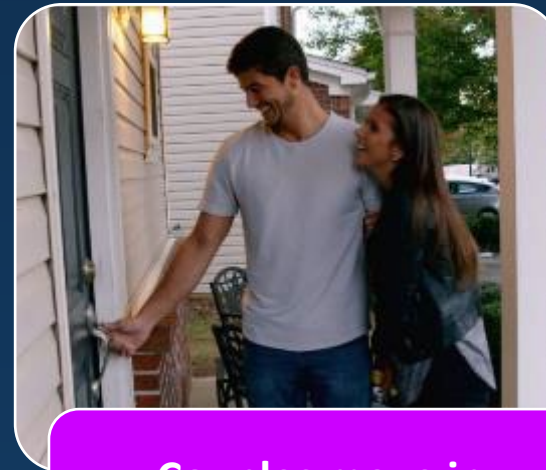
- **Love is Blind** is a Netflix reality series that follows singles who date and get engaged without seeing each other
  - Explores whether love is truly blind and if emotional connections are more important than physical appearance
  - Examines how real-world realities and external factors might impact the couples' relationships



Singles date in "pods" - can only communicate by speaker and can propose at any time



Engaged couples go to a resort for a week to get to know each other



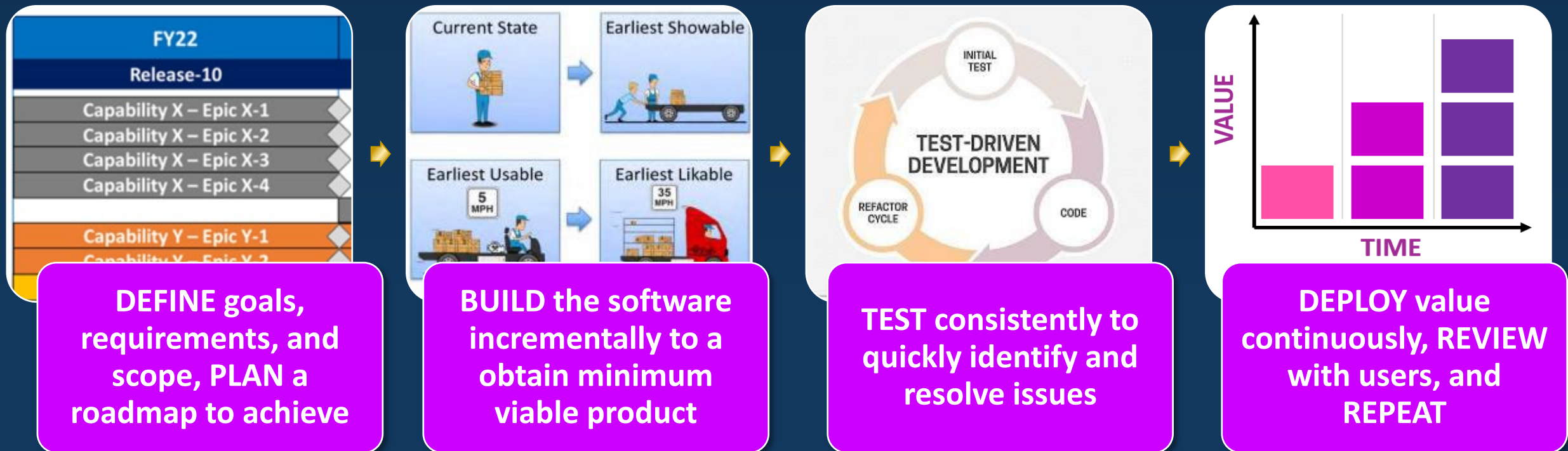
Couples move in together for 30 days and meet their partners' friends and family



Couples decide if they want to get married on their wedding day

# What is Agile?

- **Agile** is a mindset that emphasizes adaptability and responding to change
  - Focuses on smaller, iterative, and incremental releases resulting in faster delivery and enhanced value, as opposed to traditional “waterfall” development with fixed requirements and limited feedback loops
  - Multiple frameworks/methodologies – Scaled Agile Framework, Scrum, Kanban, Extreme Programming



# The Hosts – Scrum Master

Creating a juicy story line

Prompted, difficult questions/topics



Choosing candidates who are “there for the right reasons”

Excursions are funded, milestones are established and scripted

Drama inducing, encourage situations

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# Relationship Stages – From Epics to Tasks

## Epic

A large initiative that represents a significant deliverable, such as a new feature or experience

Marriage

## Story

Individual steps towards the end goal; a unit of work that represents a small piece of desired functionality

Finances

Kids

## Bug

Unforeseen challenges, a problem which impairs or prevents the functions of a product

Crazy In-Laws

## Task

Represents specific, actionable work to be done

Opened joint bank account

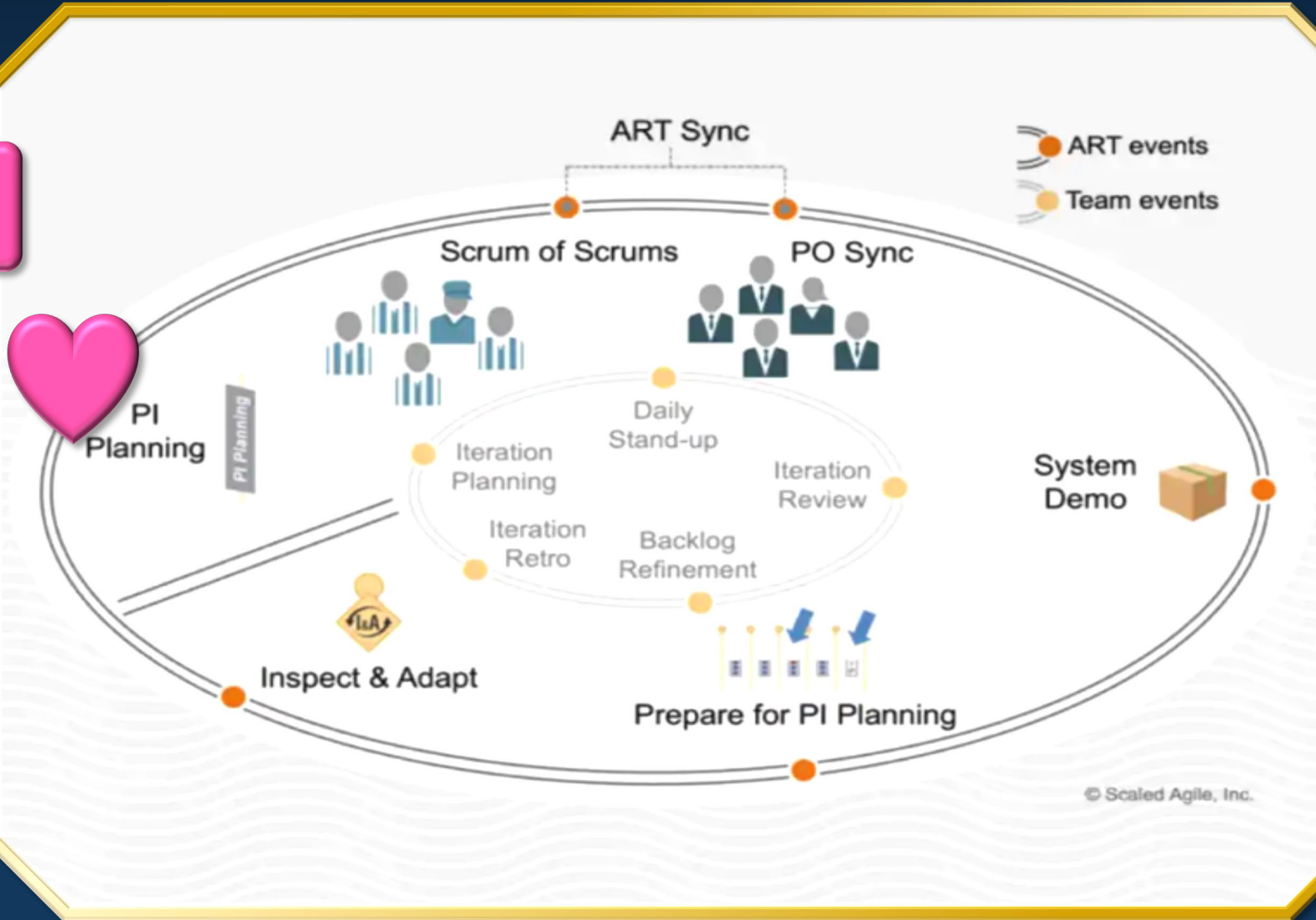
Signed a prenu

Got a pet

Move far away...

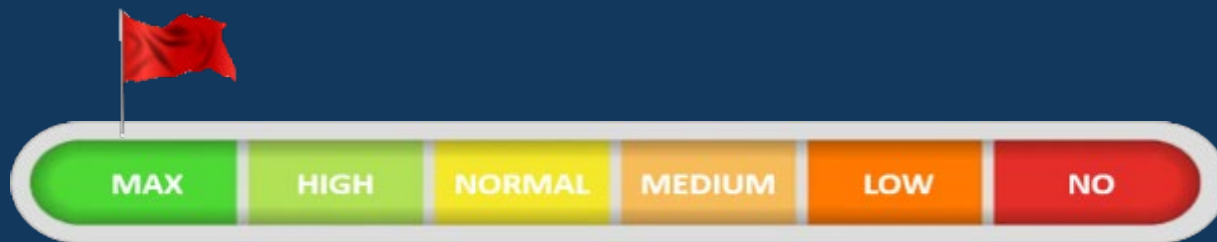
# Relationship Stages – Agile Phases

The Pods



# The Pods – PI Planning

- **Planning Increment (PI) Planning** is a cadence-based multi-day event that aligns teams and stakeholders to a shared mission and vision
  - Teams collaborate to identify objectives for the duration of the PI, assigning stories and story points
  - **Likewise, pod-mates discuss their desires in a partner and life goals**
- **What are Story Points?**
  - A unit of measure for the effort, complexity, and uncertainty of tasks
  - Not about time, but about relative effort
- **Breaking down the stories akin to giving details about your lives when getting to know someone**
- **Assess emotional capacity/load = story points are estimated**



EMOTIONAL CAPACITY METER



# The Pods – PI Planning Activity

- In this activity, you are going to assign agile story points to various **obstacles seen in dating**, based on the complexity or impact of the behavior in question. The higher the story points, the more significant or potentially disruptive the **obstacle** is to the relationship



**ACTIVITY – Time to PI Plan (2 Minutes)**

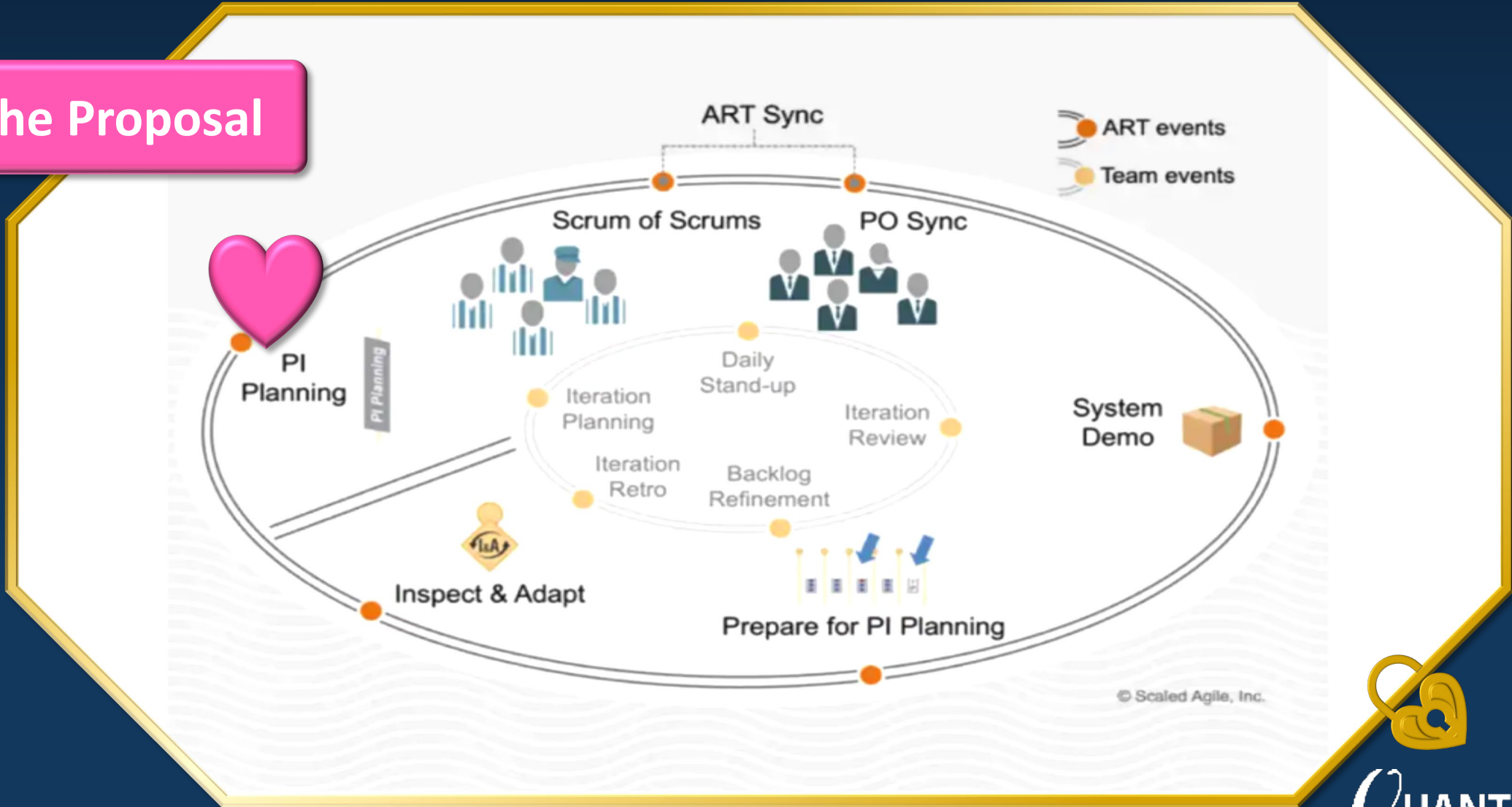
Assign agile story points to relationship obstacles

## Examples:

- 1-2 Story Point – “Leaves the toilet seat up” or “doesn’t text back for days”
- 3-5 Story Points – “Always talks about exes” or “Doesn’t do their dishes”
- 8 Story Points – “Constantly canceling plans at the last minute”
- 13+ Story Points – “Gaslighting/manipulation,” “Differing parenting style,” “Cheater”

# Relationship Stages – Agile Phases

## The Proposal



# The Proposal – PI Roadmap

- Time to make it Facebook official! Put a ring on it
- Once story points are assigned, begin to transition to the working stage of the epic
  - The Roadmap is a schedule of events and milestones that forecasts and communicates planned solution deliverables over a time horizon
  - At the end of PI planning, the teams propose a plan to stakeholders for approval

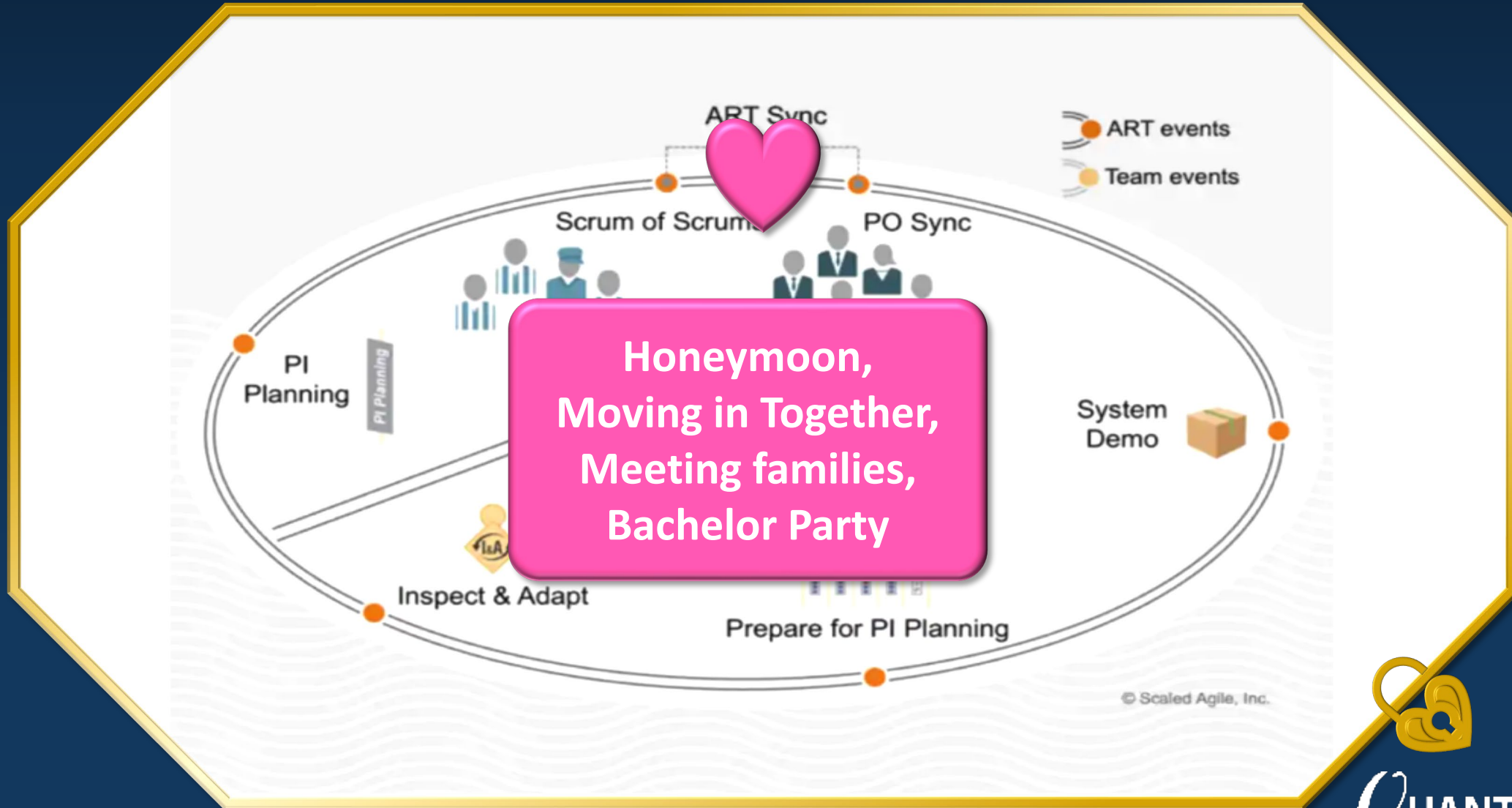


 Activity - creating the PI roadmap (1 Minute)  
Develop your PI Plan based on your capacity



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# Relationship Stages – Agile Phases



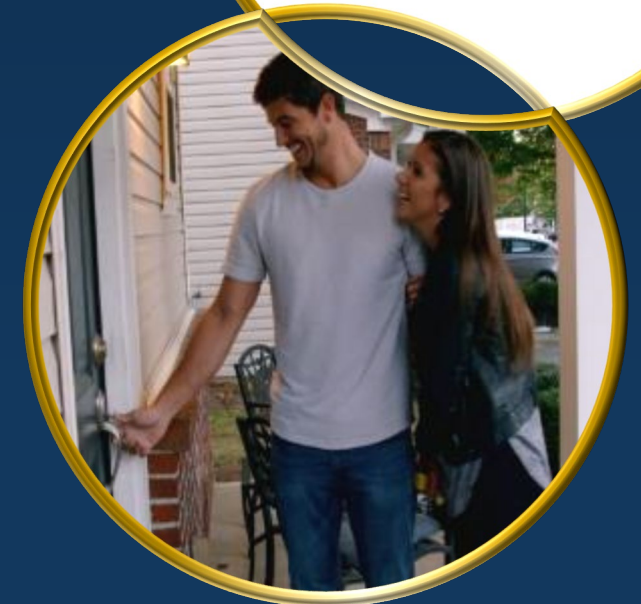
# Honeymoon/Move in - Testing/Operational

- **Initial Test = Honeymoon**

- Teams begin work and further break down stories into tasks – morale is high, **there is love in the air**
- Also starting to see some **minor red flags**/additional work that may be required

- **Iterative Development = Moving in together**

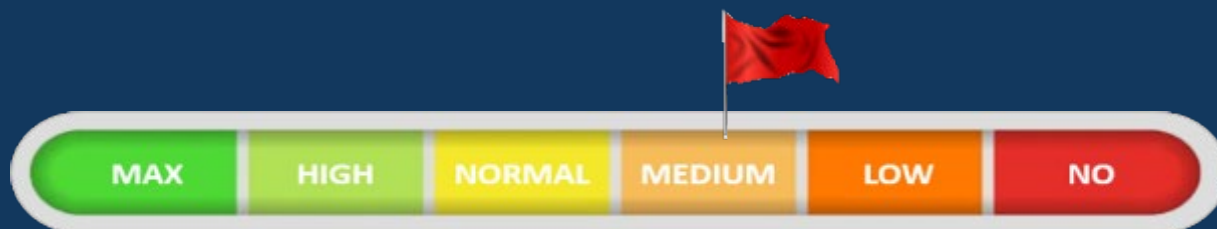
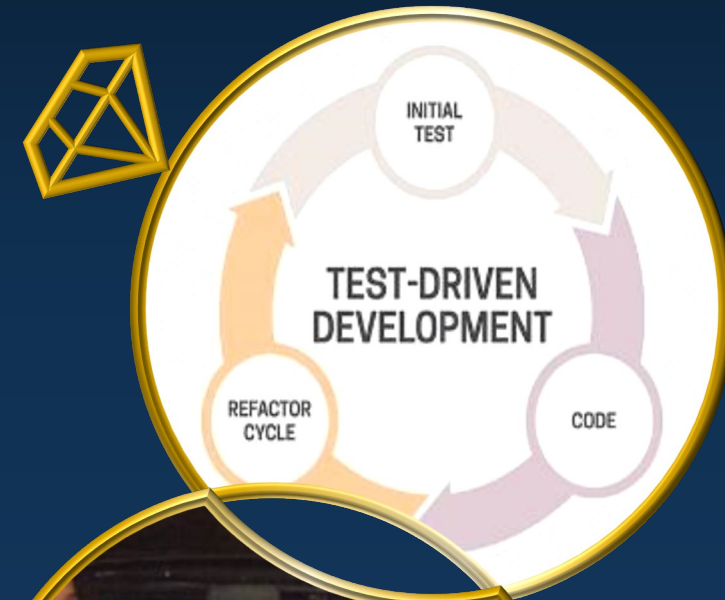
- Working with cross functional teams to complete tasks, daily efforts to move towards completion of objectives
- Backlog grooming, working on tasks/stories, peer reviews (**aka gossiping with the other cast members**)
- **Seeing more red flags emerge...**



EMOTIONAL CAPACITY METER

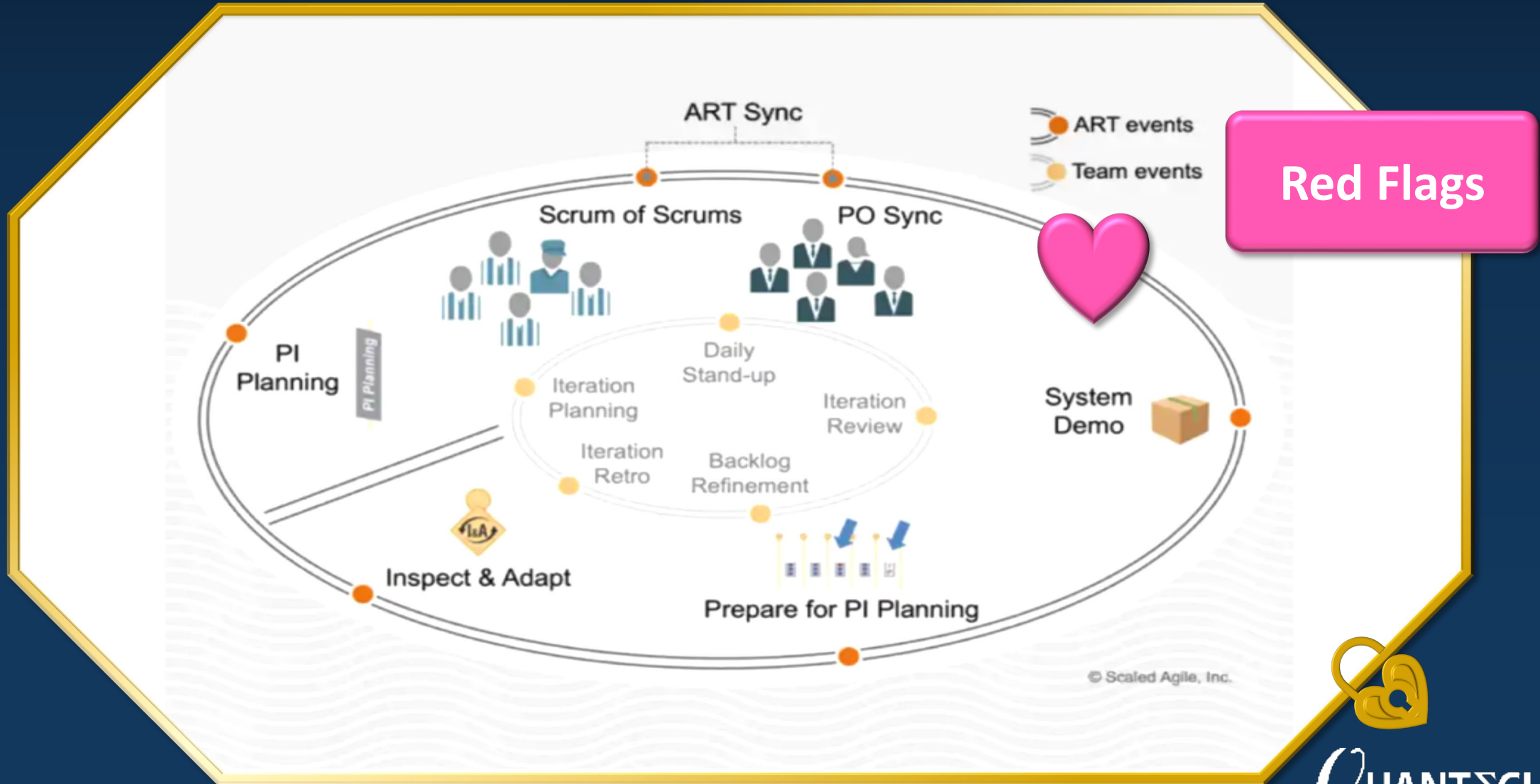
# Meet & Greet/Bachelor Party - Testing/Operational

- **Iteration Demos = Meeting family & friends**
  - Opportunity to demo progress to users/stakeholders for rapid incorporation of feedback
  - **Family and friends might start to notice issues and give their unsolicited opinions**
- **Final Test = Bachelor/Bachelorette Party**
  - Often teams must demonstrate success in a final test in the operational environment to achieve deployment
  - **The final challenge... can you survive your last night of singlehood?**



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# Relationship Stages – Agile Phases



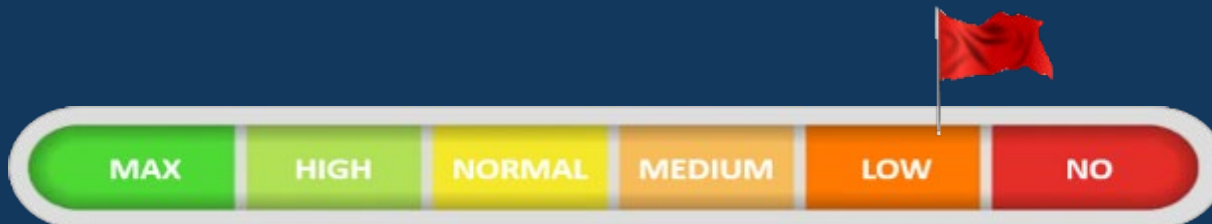
# The Red Flags – Bugs

- **Bugs = Red Flags**
  - Unexpected error or defect discovered in a software application during testing
  - **Hitting on other prior pod-mates, liking Insta stories for other people, new details come out that they have a secret family and kids**
- **Reaching max capacity during PI planning will overload teams by PI close out**
  - Reserve some capacity upfront for inevitable defects
  - **Contestants must be careful to avoid emotional overload**

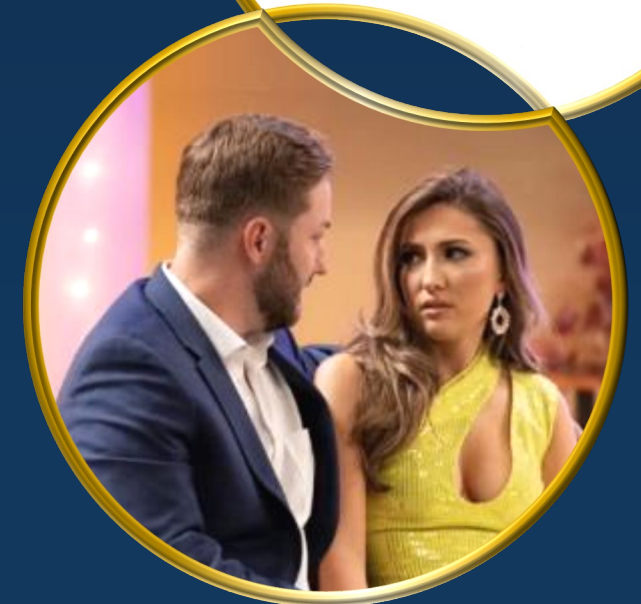


## Activity – Bugs! (1 Minute)

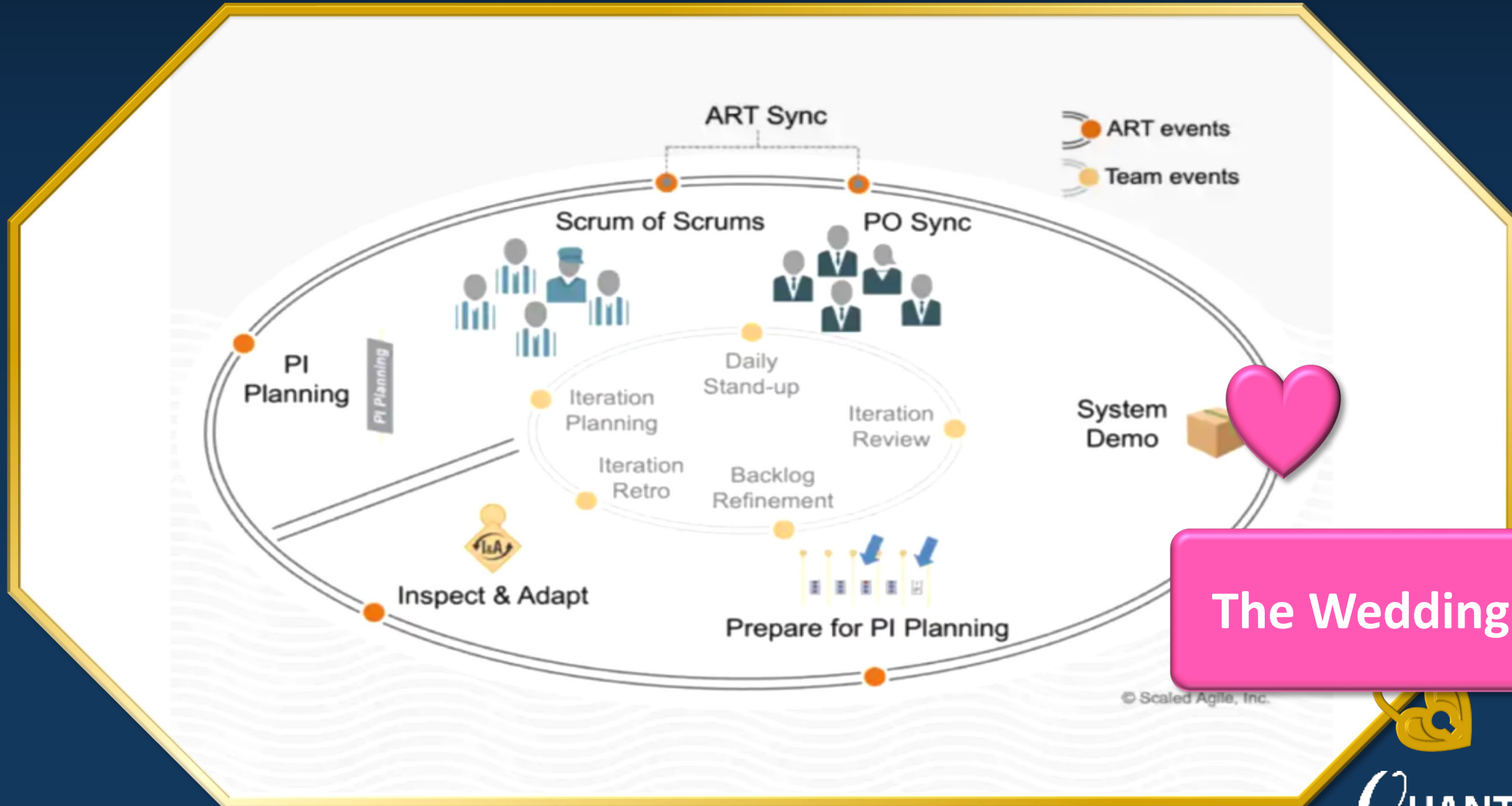
Come up with a bug that could pop up from any of your obstacles



EMOTIONAL CAPACITY METER



# Relationship Stages – Agile Phases



The Wedding!

# The Wedding – Deployment, Epic Completion

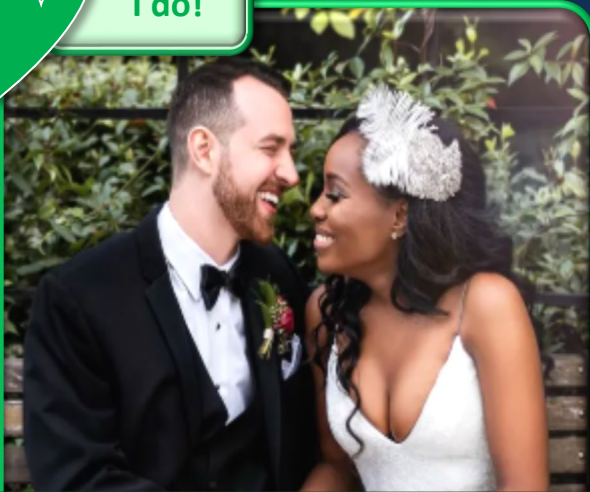


## Activity – Deployment! (1 Minute)

Successful or unsuccessful deployment? Decide with your teams...



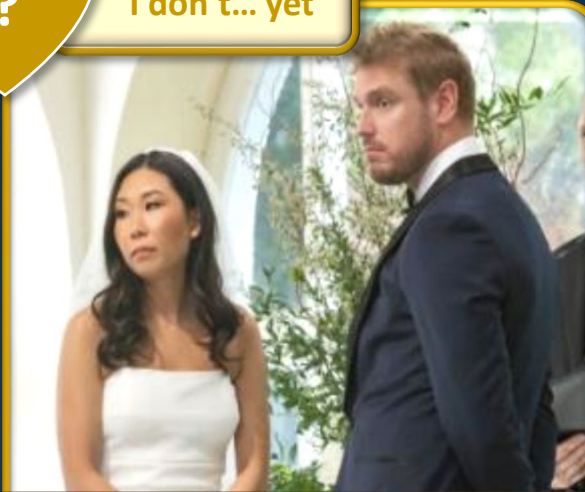
I do!



The Epic was successfully completed in the PI!



I don't... yet



The Epic wasn't completed this PI - will try in the next

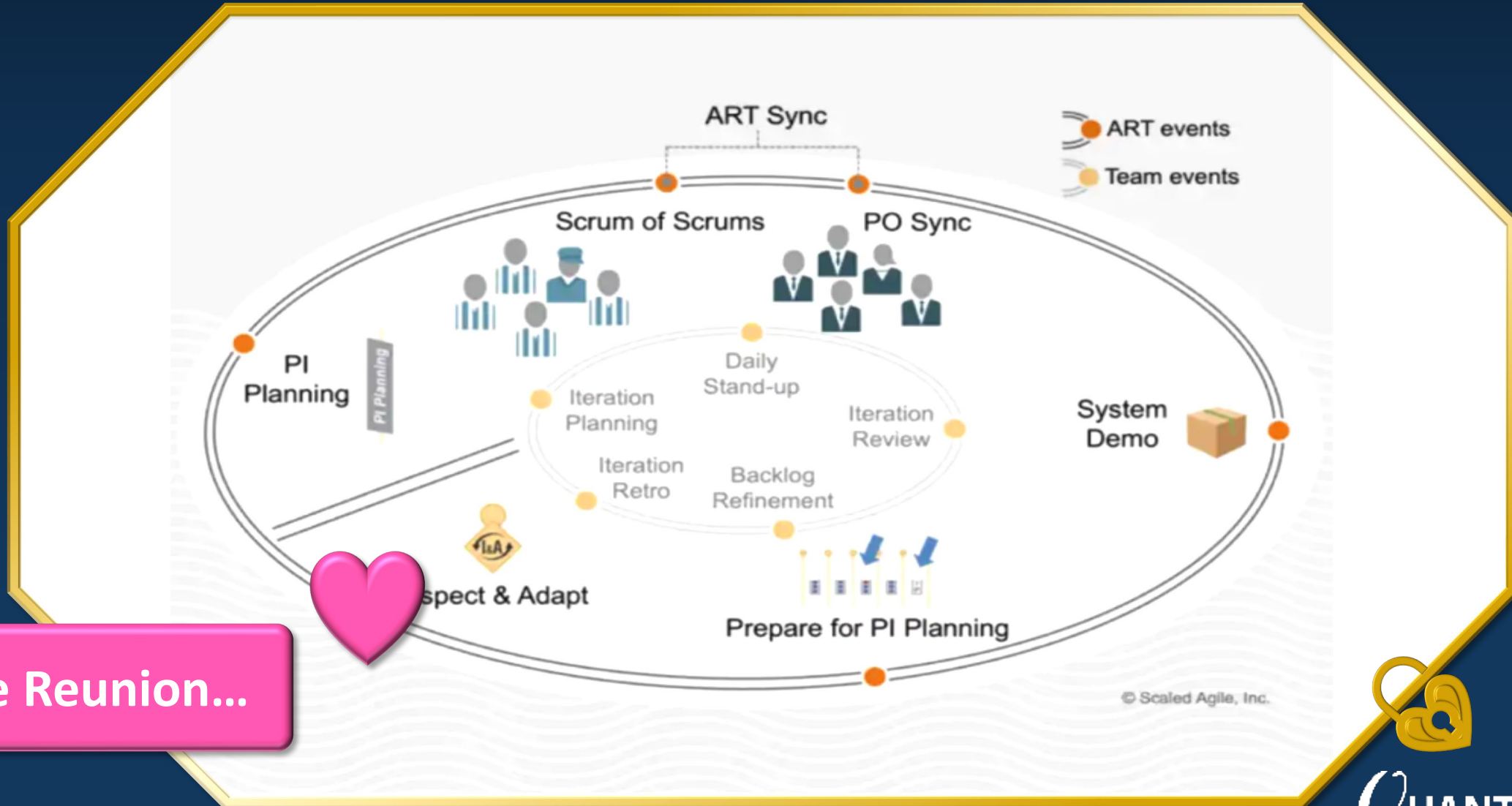


No effin' way



...this Epic is OBE

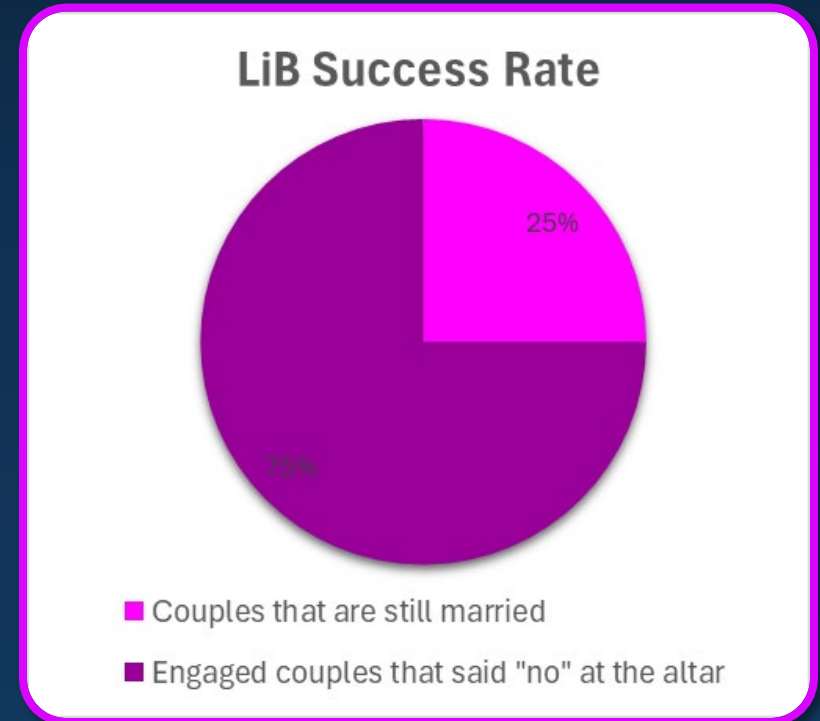
# Relationship Stages – Agile Phases



The Reunion...

# The Reunion – the Inspect & Adapt

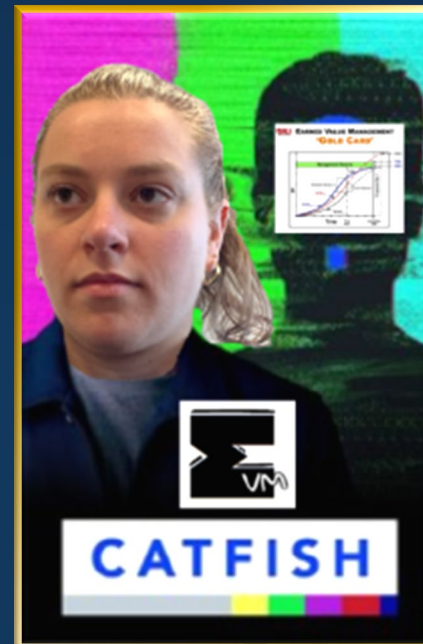
- **Post-PI gathering of teams and stakeholders/users to review successes and areas for improvement**
  - Is it time to do it all again? Or can we work with what we have?
  - **Gather the cast, relive the drama, show some receipts of a simultaneous off-screen relationship to make it fun**
- **Often includes analysis of agile metrics to assess productivity**
  - **Velocity**: stories or story points completed per iteration/PI, **how quickly a relationship grows or falters**
  - **Burn down/Burn Up**: tracks work completed/remaining over time, **how much outside intervention is needed to work through issues**
  - **Cost per story point**: **what kind of debt is this relationship accruing...**



Love is Blind deployment success rate is 25%, based on available data from 7 seasons

# Conclusion

- **Conclusion: Reality TV continues to be informative and functions in an agile environment**
- **Join us next year to hear what other examples of reality tv shows are analogous to cost estimating topics!**
  - **The Bachelor/Bachelorette – Analysis of Alternatives edition**
  - **EVM Catfish – exposing project progress reality through EVM**
  - **The Cost Analyst to Engineer Ultimatum – techniques for working with SMEs who won't commit to technical baselines**



# Questions?



# Sources

- <https://support.atlassian.com/jira-cloud-administration/docs/what-are-issue-types/>
- <https://scaledagileframework.com/>
- [https://aaf.dau.edu/storage/2023/05/Agile-101-Primer-v2.0\\_16May2023.pdf](https://aaf.dau.edu/storage/2023/05/Agile-101-Primer-v2.0_16May2023.pdf)
- <https://aaf.dau.edu/wp-content/uploads/2022/08/Agile-Metrics-Guide.pdf>
- <https://aaf.dau.edu/aaf/software/product-roadmap/>
- <https://www.netflix.com/title/80996601>