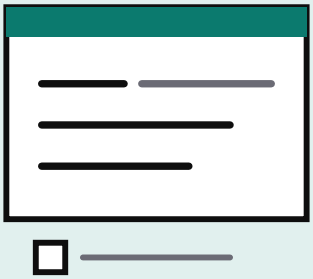
Method

User stories

Short descriptions of something a person needs, written from their point of view, used to discuss and plan work in agile teams.



In Spanish

Historias de usuario

Origin

Extreme Programming (late 1990s); Jeffries (2001); Cohn (2004)

Output

A list of stories with their acceptance criteria

What it's for

Helps the team work with the purpose of each thing in mind, not just a list of features.

Key elements

Card, conversation, confirmation

A short note; the details come out in conversation; and some tests say when it is done.

Who, what and why

The template "As a..., I want..., so that...", which was born in 2001 in the team at the British company Connextra.

INVEST

Independent, negotiable, valuable, estimable, small and testable.

How it's done

1 

Write the need in one sentence.

2 

Discuss with the team to understand the details.

3 

Confirm how you will know it is done.

Applications in design

When to use it

To move from research and ideas to the work of a team that builds in increments.

Avoid

Writing technical tasks in the shape of a story.

Don't fall for it

A vague "so that...", such as "so that the experience improves," doesn't help decide: make the benefit concrete.

Connections

Used by

- Content design

Related to

- Agile UX
- User flow
- Jobs to be done
- Lean UX
- User story mapping
- MoSCoW method
- Personas

Authors and works

2001	**Ron Jeffries**	Described the three parts of a story: card, conversation and confirmation.
2003	**Bill Wake**	Proposed INVEST to check whether a story is well written.
2004	**Mike Cohn**	Brought together in a book how to write, estimate and use user stories.

Sources

Original sources

- Jeffries, R. (2001, August 30). Essential XP: Card, conversation, confirmation. RonJeffries.com. View source (https://ronjeffries.com/xprog/articles/expcardconversationconfirmation/)
- Wake, B. (2003, August 17). INVEST in good stories, and SMART tasks. XP123. View source (https://xp123.com/articles/invest-in-good-stories-and-smart-tasks/)

Secondary sources

- Cohn, M. (2004). User stories applied: For agile software development. Addison-Wesley. View source (https://www.informit.com/title/0321205685)
- Agile Alliance (n.d.). User stories. Agile Glossary. View source (https://www.agilealliance.org/glossary/user-stories/)

Last reviewed: October 25, 2026

Atlas público de diseño, de Adriana Ojeda. Texto e ilustraciones bajo licencia CC BY 4.0.