**INVEST stands for:**

1. **Independent**: User stories should be self-contained and not dependent on other stories. This promotes parallel development, allowing teams to work on multiple stories simultaneously.
2. **Negotiable:** Requirements should be open to discussion and refinement. Agile teams collaborate with stakeholders to ensure that the stories meet their needs and can adapt to changing requirements.
3. **Valuable:** Each user story should provide value to the end-users or customers. If a story doesn’t contribute to the project’s goals or user satisfaction, it should be reconsidered.
4. **Estimable:** Teams must be able to estimate the effort required to complete a user story. Ambiguity or complexity in a story can make estimation challenging and lead to project delays.
5. **Small:** User stories should be small and focused, addressing a single piece of functionality. Smaller stories are easier to manage, prioritize, and track progress.
6. **Testable:** A user story should have clear acceptance criteria that define when it is “done.” This ensures that there are objective measures to confirm that the story meets the desired outcome.