

1. Epics are the highest-level units, representing complex and overarching goals that encompass multiple related groups of stories and features. Features or theme sets group together stories that share a common objective, providing a more focused level of functionality. Finally, stories are the smallest units of work, each representing a specific user requirement or task designed to deliver value. The relationship between these elements is structured, with stories making up features or theme sets, and features or theme sets contributing to the realization of epics. This hierarchy ensures a systematic approach to organizing and delivering work, allowing Agile teams to effectively manage and prioritize tasks while working towards the achievement of larger project goals.
2. One primary advantage is the ability to continuously adapt and prioritize based on ongoing insights and changing project needs. "Might get far enough into a feature set and realize no more work needs to be completed for the feature set." By releasing features incrementally and frequently, teams can respond to user feedback and evolving requirements in real-time, ensuring that the product remains aligned with stakeholders' expectations. Furthermore, a rolling-wave approach enables teams to efficiently allocate resources and effort. It encourages the team to complete features more often, which not only allows for quicker delivery of value but also facilitates continuous development on subsequent features. Additionally, this approach embraces the possibility of reaching a point in a feature set where no further work is needed, avoiding unnecessary work and optimizing resource utilization.
3. Planning too much at the start in non-agile projects can lead to waste because things change a lot during a project. In these traditional projects, teams might spend months on work based on an initial plan, only to find that what they made doesn't fit what's needed now. Agile projects do things differently. They deliver finished parts of the project regularly, which helps reduce waste. Agile teams plan for a short time ahead (one to two months) and understand that plans can change. This approach is better because it's flexible and adapts to the real needs of the project and the market. So, less waste happens because you stay responsive to changes and only work on what's needed.