Reasonable Expectations
Agile can help

Expectation	What practices can help!
High in quality and blow in defect	Testing, Refactoring, Simple Design and Customer Feedback
Continuous Technical Readiness	Technical Deployable
Stable productivity	Testing, Pairing, Refactoring and Simple Design
Inexpensive Adaptability (Changing requirements is the name of the whole game)	TDD, Refactoring and Simple Design
Continuous Improvement (the older a software system is, the better is should be)	Pairing, TDD, Refactoring and Simple Design
Fearless Competence (no fear of change)	TDD, Refactoring, Pairing and Simple Design
QA should find nothing	Acceptance Tests, TDD, and Continuous Integration
Test Automation	TDD, Continuous Integration and Acceptance Testing
We cover for each other (behave like teams)	Pairing, Whole Team and Collective Ownership
Honest estimates	Planning Game and Whole Team
You Need to Say 'No'	Whole Team
Continuous aggressive learning	Whole Team
Mentoring	Whole Team

The Bill of Rights: Heal the divide between business and development