TABLEAU PERFORMANCE TIPS:/ How to optimize Dashboard in Tableau?

Complex Calculations in Database - If you are pulling in data from a database, then try to do any complicated calculations in the database first.

Extract Your Data - Do not do a live connection unless you absolutely have to always do an Extract.

Use Extract Filter - The extract filter will limit the data coming in the extract.

Aggregate Data if Possible - For example, if your data is daily, but you are only going to be looking at monthly values then go ahead and aggregate your data up to the month.

Hide All Unused Fields in Extract - This is another extract option after you are finished with creating your dashboard you can remove all columns that you are not using in your dashboard.

Compute Calculations Now - This option will allow you to materialize calculations in your extract. This means the calculation with being computed in advance and stored in the extract.

Reduce Vizs with Parameters - If you have five different bar charts looking at sales, then consolidate those five charts into one by using a dimension parameter. This will save you space while helping performance.

Reduce High Marks Vizs - High marks visualizations take a long time to load so if it's taking a long time try to reduce it or remove the chart.

No Blending - If possible try not to use a blend.

Use Context Filters - If you make a filter a context filter, then any other filters that you set are defined as dependent filters based on your context filter.

Less Quick Filters and More Actions - Using action filters instead of quick filters reduce the query load which will help your performance.

Avoid using Only Relevant Values - Using "Only Relevant Values" is sometimes a must or just worth the performance drag but if it is not needed then leave it as "All values in the database."

Show Apply Button on Quick Filters - I use the multiple value filter type for almost all my filters, and I always have a "show apply button" to help with performance.

Use Performance Recording (help->setting & performance->start performance recording) - Performance recording is a tool used to help diagnose where the performance problem is.